

The background of the book cover is a dense, colorful botanical illustration. It features various types of herbs and plants, including sprigs of green leaves, clusters of small purple flowers, large orange fruits, and pink and yellow blossoms. The style is reminiscent of traditional botanical art, with detailed line work and a rich color palette.

HERBALISM

FOR BEGINNERS

THE COMPLETE NATUROPATHIC
GUIDE OF MEDICAL HERBS.
OVER **180** SCIENTIFICALLY
PROVEN MEDICINAL PLANTS.
INCLUDES NATURAL ANTIVIRALS AND
ANTIBIOTICS WITH NO SIDE EFFECTS

SAM KENNEDY

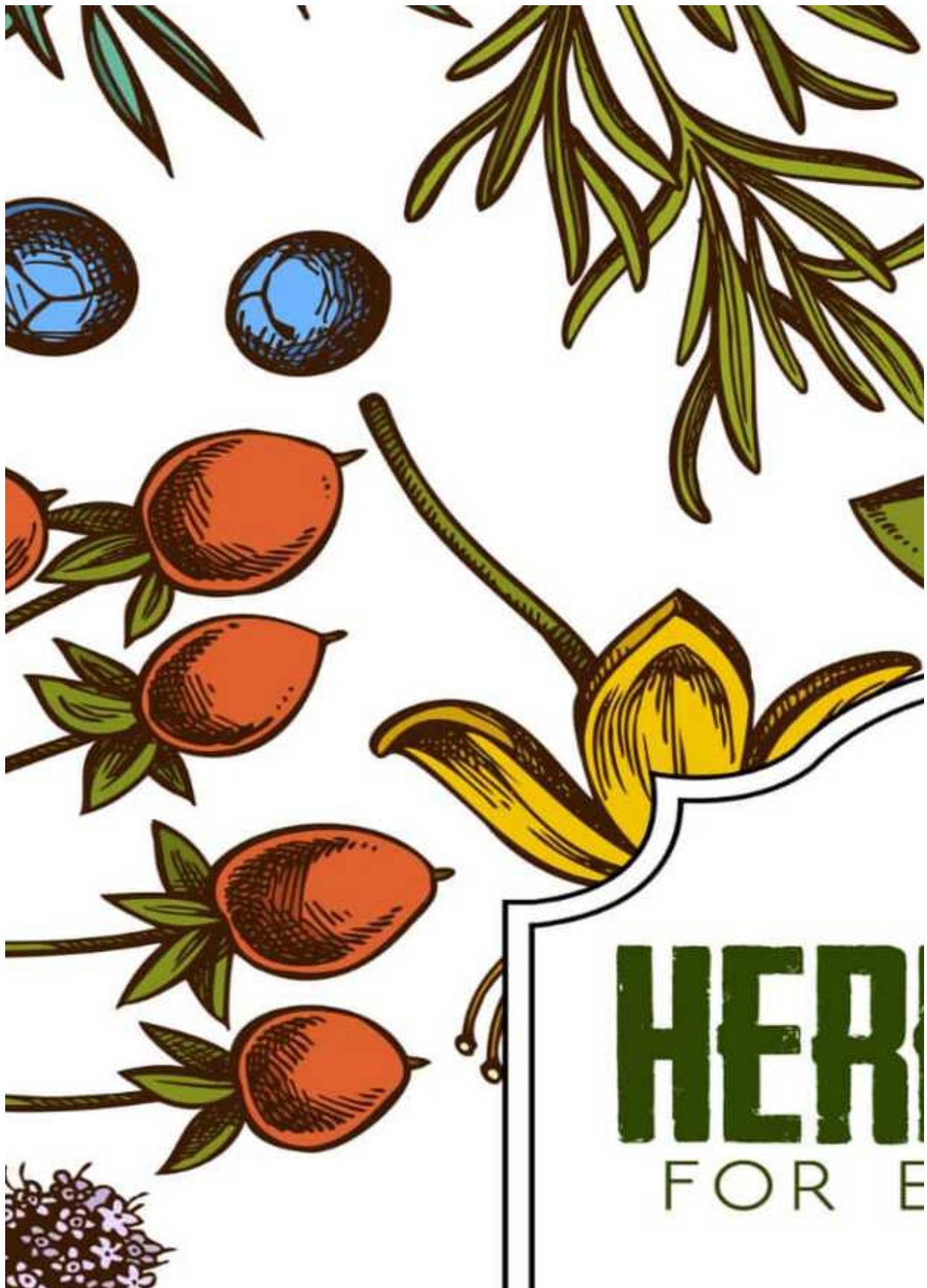


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Introduction

For many years man has rediscovered nature as a whole and the phrase "return to nature" is often used.

Thanks to research and scientific knowledge about the use of plants, we are now able to bring the result of these experiences to all homes, so that small ailments or a normal facial cleansing and general care of our body can be done alone.

In order to respond to these problems in a clear and easy to understand way, making known the domestic use and their active ingredient, this volume is summarized in three parts:

- 1) *Medicinal herbs* and their properties;
- 2) Diseases, ailments, disorders, alterations and related soothing and causative recipes;
- 3) *Phytocosmetics* use to benefit the external part of our body for aesthetic beauty.

PART ONE

Medical Herbs

FIR TREE



Family: Pinaceae.

It is an evergreen tree that can be found in the forests of the mountain regions. It is popular all over the world because it represents the traditional Christmas tree and its height can reach 50 meters. Among the most famous species are the Silver Fir, which is very widespread in Italy, and the Spruce, whose wood is very valuable and widely used in carpentry. Spruce has balsamic, expectorant, slightly antiseptic properties, so it is indicated for the treatment of respiratory disorders such as colds, flu, bronchitis, pneumonia, asthma, tracheitis. It is also used for urinary tract infections, cystitis, impotence, gout. It is an effective deodorant, and having rubefacient properties, i.e. able to stimulate blood circulation, is an excellent remedy for the treatment of rheumatism.

WORMWOOD



Family: Composite.

It is a herbaceous plant from 70 to 80 cm. high with large leaves, multifide and flowers in flower heads. It exudes a strongly aromatic odour similar to that of lemons and that is why it is grown in gardens. In addition, properly dosed, it is an exquisite condiment for roasts, fatty meat, sauces and salads. From the therapeutic point of view it is an excellent vermifuge, causes the appearance of menstruation, promotes gastric secretion and helps the stomach to function better.

ACACIA



Family: Mimosaceae.

It is a tree native of East Africa but today very widespread in USA has very small flowers gathered in ears, compound leaves and fleshy fruits. Among the most famous species we remember the *Acacia gommifera* from which the gum arabic is obtained, which is mainly used to prepare emulsions with fatty bodies and to keep insoluble powders in suspension in water. Its active principles are useful to heal inflamed mucous membranes of the intestine and respiratory system. It is also an excellent purgative.

ACANTHUS



Family: Acanthaceae.

It is a perennial herbaceous plant with large pennatifid leaves and white, pink or purple flowers, arranged in long ears. It grows spontaneously

among the ruins of the entire Mediterranean area but is also cultivated as an ornamental plant.

The best known species in medicine is the *Acanthus Mollis* which has emollient properties and is also used in inflammation, throat, diarrhea and bleeding. For external use, in washings, the acanthus infusion is used in family practice against skin irritations and insect bites. *Acanthus* is also recommended as a diuretic

MAPLE



Family: Aceraceae.

It is a tree that can reach a height of 12 meters and is commonly found in the woods. It prefers fresh but not wet soils and is often cultivated as a guardian tree along the rows of vines. Its active ingredients are contained in the bark that is harvested in spring, detaching it with the tip of a knife. Maple has refreshing and astringent properties and, for internal use, is indicated against inflammation, diarrhea and intestinal disorders. For external use it is an excellent remedy for fragile and reddened skin.

SORREL



Family: Polygonaceous.

Sorrel is a perennial herb very similar to spinach because of its spade shaped leaves; it grows in wet meadows and along watercourses. It has diuretic, refreshing, febrifuge and anti-inflammatory properties.

It is indicated against flu, fevers and hemophilia. It also contains a considerable amount of vitamin C and is therefore indicated in anaemia and in the treatment of scurvy, a disease that has fortunately disappeared today. The infusion is useful for treating acne, eczema and minor skin disorders. However, it is important to remember that if taken in excessive doses, it can cause poisoning, especially if fresh juice is drunk. Finally, Sorrel, being particularly rich in oxalates, is not recommended for liver patients and people with liver and kidney stones.

WILD SORREL



Family: Oxalidaceae.

It is a perennial herbaceous plant, maximum 15 cm. high, which is found in the woods of mountain areas. Its active ingredients are found in fresh leaves and roots and are, as for Sorrel, vitamin C, potassium acid and oxalate.

Acetosella purifies the blood and is an excellent diuretic, purifying, febrifuge and refreshing; it is indicated in mouth and throat diseases, abscesses, fevers, tumors and sores. It can also be used as a polish or stain remover, to clean wicker furniture, silver and to remove ink stains from clothes.

YARROW GRASS-ROCKED SUBSP. MUSKATA



Family: Asteraceae/Composite.

It is a perennial herbaceous plant, from a minimum of 10 cm. to a maximum of 50 cm. high, which gives off a strong camphorized smell. The ancients considered it the herb of the warrior because it owes its name to the mythical Achilles who, at the suggestion of the goddess Venus, used it to heal his wound that otherwise would have been fatal.

In fact, applied locally it is strongly cicatrizing, moreover it is slightly diuretic, digestive and aromatic. It serves to control pressure changes and normalize blood circulation. Its bitter taste stimulates the appetite and is an excellent remedy in states of weakness.

ACONITE (POISONOUS)



Family: Ranunculaceae.

Aconitum is a perennial herbaceous plant up to 150 cm. high and grows in the humid and fertile fields of mountainous areas. Its blue flowers are very beautiful and decorative but its poison is very powerful and should not be used without a prescription. All parts of the plant contain aconitine, a poison that acts by exciting and then paralyzing the nerve centers and death

occurs by cardiac and respiratory arrest. Two equally poisonous substances are found in the roots: Napellina and Neopellina. The Aconitum has analgesic, antinevralgic, heart moderating, decongesting, diuretic properties.

It is used for angina, toothache, rheumatic pain, sciatica, gout, facial pain, lung congestion, high blood pressure, and to normalize breathing. It is cardiogenic.

SWEET CALAMUS



Family: Araceae.

It is a perennial herbaceous plant from 50 to 150 cm high. It grows near stagnant waters, at the edge of swamps, along slow flowing streams and in marshes. Its rhizome contains a fragrant, volatile and bitter oil, from which active ingredients are obtained that are very useful to stimulate the appetite and facilitate digestion. Moreover, for its valuable bitter- tonic and aromatic characteristics, it is used in the liquor industry and beverages in general.

ACTEA(POISONOUS)



Family: Ranunculaceae.

It is a perennial herb that grows in the shady and mountainous forests. Its root has emetic (i.e. capable of causing vomiting), purgative and sweaty properties provided it is used in very small doses. In fact the plant is

poisonous and it would be prudent to refrain from using it in the family environment. It is advisable to consult your doctor for use and doses. The decoction of leaves was once used for the treatment of mange and scrofula.

ADONIS



Family: Ranunculaceae.

It is a perennial grass from 10 to 30 cm. high, very rare in the wild. The Adonis owes its name to the mythical hunter Adonis who was killed by a wild boar and whose blood was transformed into flowers by Venere-Aphrodite who loved him. The allusion yes refers to the species with red flowers (*Adonis Aestivalis*). It has several therapeutic properties: it exerts a tonic-cardiac action without causing hypertension, is indicated in transient myocarditis of infectious diseases and is diuretic. But, exceeding the dose, you can have poisoning and even death. In fact, it is a very poisonous plant and you should not use any prescription. Its toxicity is transmitted to the milk of sheep, cows and goats that have eaten it.

HOLLY



Family: Aquifoliaceae.

It is a shrub, up to a maximum height of 10 cm., which grows wild in Europe, Asia Minor, Persia and China. It is found in the woods of the submontane regions and is widespread as a Christmas ornamental plant. It

has serrated leaves of a very shiny green, white flowers and red berries and toxic. It has diuretic, coughing, antirheumatic, anti-arthritis and febrifuge properties. It is very important to remember that berries are strongly purgative and can give nausea and vomiting, so their use is not recommended.

AGRIMONY



Family: Rosacee.

It is a perennial herbaceous plant with an erect stem from 30 to 80 cm high. Agrimonia is widespread throughout USA, especially in sunny and dry places, in woods and meadows, from the Mediterranean to the mountain area. It is also known under the name of Eupatoria which seems to derive from the mythical Mithridates Eupator who became famous for having accustomed his body to receive a small amount of poison daily, so as to avoid dying poisoned in some conspiracy.

It has astringent, diuretic, antidiabetic, healing, anti-itch properties and is indicated against diarrhea, dysentery, renal lithiasis, diabetes, liver disease, obesity, asthma, white leaks, angina, stomatitis, infected sores.

ALCHEMILLA



Family: Rosacee.

Alchemilla is a plant with a woody rhizome that ends in a rosette of green leaves divided into 7-11 rounded lobes. Its flowers are greenish-yellow and rather small. It grows in wet fields, in open woods, in mountain regions and, above a thousand meters, forms entire carpets. Popular tradition attributed to it the miraculous virtue of giving back lost virginity and still today, although for different purposes, this plant is widely used in gynecology. In fact, having haemostatic properties, it is very effective in the treatment of excessive menstruation, white discharge, internal and external bleeding. It is an excellent anti-inflammatory and reduces sore throat and toothache.

ALARIA



Family: Brassicaceae /Cruciferae.

It is an annual herbaceous plant with a stem up to 100-120 cm tall.

It owes its name to the strong garlic smell that emanates when rubbing the leaves between your fingers. It is found in the woods and hedges, from the marine to the mountain area, and is harvested from May to July. Its leaves are used in infusion and are an excellent purifying agent. Alliaria has expectorant, antiseptic and hyperemic properties, i.e. able to increase the amount of blood present in the capillaries of an organ. It is indicated in respiratory diseases such as catarrhal coughs, in the cleansing of infected wounds and sores and for the treatment of chilblains. In fact, applied locally on the latter, it reactivates the local circulation.

LAUREL



Family: Lauracee.

It is an evergreen tree that in the wild can reach 12 m. in height, but in gardens it is cultivated as a hedge or shrub. It is native to the Mediterranean and was used by the ancient Greeks and Romans to crown the winners and famous people. Today it is considered mainly a culinary plant for its aromatic characteristics, but its natural oils are important ingredients in the preparation of medical prescriptions.

It has aperitif, digestive, antiseptic, stimulant, expectorant, diuretic and antispasmodic properties (i.e. able to relax contracted muscle fibers). Laurel leaf infusions purify the digestive tract and promote the elimination of intestinal gas. The berry ointment is useful against rheumatic pains.

Laurel also has emmenagogue properties, i.e. it is able to stimulate the onset or increase menstrual flow so it is an excellent remedy in painful menstruation.

ALOE



Family: Liliacee.

It is a type of succulent plant with a very short stem, fleshy leaves arranged in a rosette, purple red or orange flowers in panicles carried by a more or less elongated scape. It comes from Africa, and has purgative, digestive and aperitif properties.

It is an excellent bitter and enters into the composition of many liqueurs and elixir, also its use is recommended for liver patients because it increases the secretion of bile. It is emmenagogue, i.e. it causes the appearance of menstruation and is contraindicated in bleeding, pregnancy, menstrual periods, stones and bladder infections.

ALTHEA/ALTHAEA



Family: Malvacee.

It is a herbaceous plant with an erect stem from 50 to 150 cm. high, lobed and covered with down, light pink cluster flowers. It grows in Europe and Western Asia in wet and marshy places. Marshmallow is a plant widely used in medicine and known since ancient times: herbal teas, syrups and medicines for external use are prepared with it.

It has expectorant, decongestant, emollient, laxative and diuretic properties. It is indicated in throat and respiratory tract diseases, as a cough sedative, diarrhea, enteritis. Its extracts are used in cosmetics as softeners and decongestants for delicate and fragile skin.

SOUR BLACK CHERRY



Family: Rosaceae.

It is a shrub native to Asia Minor and now cultivated throughout the temperate zone. It has few needs and also grows spontaneously in the woods and hedges. The therapeutic properties of this plant are obtained from the stalks of the fruits that are harvested completely ripe and dried in the shade. The fruits are refreshing, thirst-quenching and contain vitamins C and B. Amarena has antiuric, diuretic, anti gouty properties and is indicated in the treatment of nephritis, cystitis, vesicular and kidney stones.

PASQUE FLOWER



Family: Ranunculaceae.

There are several varieties of Anemone: the Alpine variety which grows mainly in the mountains and is white, the Vernalis anemone which has purple and white flowers. The latter is a perennial herbaceous plant, from 5 to 30 cm. high, which grows in warm and sunny areas and is toxic.

In the countryside it is also called "grass of the wind". It contains an anemonine an alkaloid whose action is sedative and antispasmodic and is therefore used against nervous spasms, especially of the genitals and

menstrual pain.

It is also indicated in the treatment of whooping cough, asthma, neuralgia and migraines.

DILL



Family: Apiaceous/Umbrelliferous.

It is an aromatic plant native to India but long cultivated in Europe where it also grows wild. It has an erect stem, very jagged and filiform leaves, small yellow flowers arranged in umbrellas and elliptical brown fruits.

It is one of the many herbs mentioned in Egyptian papyruses and is commonly called "false aniseed" or "bastard fennel" because, because of its aroma and therapeutic properties it resembles fennel. The fruits of Dill have the characteristic of acting as antispasmodic and to relieve intestinal pain, vomiting, hiccups. The infusion is an excellent stimulant of digestive functions and is also valid as a diuretic.

It is an anti-inflammatory and is useful in mouth infections. It is used as a culinary herb to flavor sauces and in homemade pastries.

ANGELIC ARCHANGELIC



Family: Apiaceous/Umbrelliferous.

There are two types of angelica which have a very similar appearance: the angelica arcangelica which is cultivated for its aromatic petioles used in confectionery and in liquor stores, and the wild angelica which grows spontaneously in damp and shady places all over Europe. The angelica is a plant that can reach two meters in height; it has bright green leaves and pale green flowers that appear in July and last until September. In the past its seeds were burned in houses to spread their suave scent and its roots were called "roots of the Holy Spirit" because of the healing virtues they expounded in many serious diseases such as the plague. The angelic archangelica has digestive, stimulating, aperitif, antispasmodic, emmenagogue properties.

It is indicated in states of general fatigue, spasmodic vomiting, hepatitis insufficiencies, nervous headaches, menstrual insufficiencies, slow and difficult digestions. It is an excellent antidote against the poison of hemlock and belladonna. The angelica silvestre has the same properties as the angelica arcangelica and is also very useful against bronchial catarrh and intestinal colic. However, it must be remembered that both angelica have the same characteristic of being stimulating at low doses and depressing at high doses.

ANISE



Family: Umbrellas.

It is an annual aromatic plant native to Asia but now widespread in various countries, especially in Spain. Aniseed also appears in the wild and grows in places rich in nutrients, sunny and sheltered from the winds. It is one of the oldest cultivated plants and was in the past one of the best known among the aromatic and healing plants. It is used in the art of confectionery to make cookies, pastries, liqueurs and, because of its sweet taste, it is also used to correct the taste of some drugs containing bitter substances. It has aperitif, digestive, sedative properties of nervous spasms and is indicated to stimulate the appetite, to facilitate digestion and in cases of nervous excitement.

ORANGE

Family: Rutacee.

It is a tree native to India and China up to 5 m high. It has bright green leaves, white flowers and spherical fruits with a beautiful orange or purple skin. Its flowers have been considered a symbol of chastity since ancient times and are used to make wedding bouquets.



We know different qualities of orange of which the most important are: the sweet orange at early ripening and the bitter orange from whose flowers we obtain the neroli essence which is the constituent of many decongestant cosmetic preparations. It has digestive, aperitif, sedative, aromatic, antispasmodic properties. It is used to promote digestion, stomach pain, insomnia and nervous excitement. It contains a lot of vitamin C for which it is indicated in states of anemia, decalcification, lack of phosphorus and in the age of development. Orange peels, in the sweet and bitter variety, are widely used in the liquor industry and in the food industry in general.

ILEX PARAGUARIENSIS



Family: Rosacee.

It is a lively herbaceous plant widespread especially in south Europe. It grows preferably in grassy places, on the edges of rivers and ponds, on the edges of roads. It has a short rhizome that ends in a rosette of silvery leaves at the bottom and yellow flowers.

It has astringent, antispasmodic, antihemorrhagic, anti-inflammatory, antidiarrheal and healing properties. It cures diarrhea, convulsions, stomach cramps, menstrual pain, skin inflammation.

It is used as an antihemorrhagic in intimate bleeding and to heal wounds and sores.

ARNICA (POISONOUS)



Family: Asteraceae/Composite.

It is a perennial herbaceous plant from 30 to 60 cm. tall with flowers gathered in yellow - orange flower heads. It is one of the most beautiful alpine plants and one of the most popular all over the world, but it is also very poisonous and can cause serious illnesses and must be used under medical supervision.

It has many medicinal properties and it is said that Goethe used drops of arnica to strengthen his tired heart: in fact with the extracts of this plant are prepared many medicines that serve to stimulate the heart and circulation. It also fights bruises, contusions, sprains and muscle tears. For internal use it is also indicated to fight arteriosclerosis, arterial spasms, paralysis and whooping cough.

ARTEMISY



Family: Asteraceae/Composite.

Mugwort or black cherry is a perennial herb that grows almost everywhere; it prefers soils rich in nitrogenous substances and is therefore abundant near inhabited areas, along roads, slopes and river banks. It has upright reddish stems, woolly lower leaves and dark green upper leaves and oblong yellow heads. For its regulating properties of the female cycle, it was dedicated to the Greek goddess Artemis, protector of virgins. It is an aromatic plant and is used as a bitter and flavoring base of many aperitifs and digestives. However, it must be remembered that the use of this plant must be moderate since, at high doses, Artemisia can produce intoxications and abortions.

ASPARAGUS



Family: Liliaceae.

It is a perennial herbaceous plant that is extensively cultivated for the production of shoots which have purifying and diuretic properties. It also grows wild in marine areas up to submontane areas.

It has a large and short rhizome from which sprouts edible shoots, very

small leaves that look like scales and hanging flowers greenish and bell-shaped. The shoots also contain vitamin A and B and are useful in anaemia, physical and intellectual asthenia and demineralization. They, like vegetables, should preferably be eaten raw, grated in salads or steamed so as not to disperse salts. The substances contained in the roots instead cure renal pain, jaundice and hydropisias that are those disorders in which the retention of water in the tissues causes imbalances.

ABSINTH



Family: Asteraceae/Composite.

It is a perennial herbaceous plant that grows in uncultivated and dry places, along the roads, among bushes and ruins. It gives its name to a very alcoholic drink whose prolonged use could be particularly harmful to health because it causes serious disorders to the nervous system. It is a bitter proverbial and promotes digestion by stimulating the stomach and liver. It cures lack of appetite and is indicated for convalescence and anemia. Moreover, absinthe keeps insects away and a little fresh juice on the skin is enough to defeat the annoying mosquitoes.

OATS



Family: Gramineae.

It is an annual plant with tall, empty, grassy stems, and flowers arranged in spikes hanging in terminal panicles. It is cultivated for its high nutritional value and also to feed pets. It contains a high number of vitamins and calcium and is recommended in macrobiotic diets for the presence of bran that stimulates intestinal mobility and refreshes and detoxifies the body. Oat straw is widely used in medicine and homeopathy makes use of an essence prepared with fresh flowers; oat flour is used externally as a purifier and cosmetic. Its seeds have expectorant properties and are applied in poultices for external use. Oatmeal also has refreshing and emollient properties and is excellent in decoction for dry and irritable skin. It is also an excellent diuretic.

TRAGOPOGON PRATENSIS



Family: Asteraceae/Composite.

It is a biennial herbaceous plant with taproot, leaves spread out to embrace the stem and yellow flowers gathered in flower heads. Dioscoride called it "Tragopogon" that is goat beard, perhaps alluding to the curious aspect of its oblong and feathered fruits. It has purifying properties and also contains

a polysaccharide very important from a dietary point of view because it can replace sugars that are harmful to diabetics. The beard is known for its food uses: the sprouts, leaves and roots are in fact excellent vegetables rich in sugar and are eaten cooked.

BURDOCK



Family: Composite.

It is a perennial herbaceous plant with small red flowers gathered in spherical heads surrounded by hooked bracts that stick to the clothes and fleece of the animals, thus implementing the dissemination. It grows in nitrogen-rich soils, in alpine meadows, among rubble, in uncultivated land from the sea to the mountains. According to some it is a weed while in Japan for example, it is a vegetable and its roots are cultivated, selected and consumed as such. It is a medicinal plant known since ancient times and has purifying, diuretic, sweating, laxative, antidiabetic, antiveninose, antisiphilitic, antibiotic properties against Gram-Positive bacteria.

Extremely well used to fight acne, eczema, purulent sores and varicose veins. For internal use it treats ringworm, measles, syphilis, rheumatism, gout, diabetes, and is an excellent antidote against viper venom.

BASIL



Family: Labial.

It is an annual herbaceous plant up to 50 cm. high with very aromatic oval leaves and light flowers collected in spikes. It is native to India where it still grows today and where it is used both for its gastronomic virtues and as an antidote to the bite of poisonous snakes. The name comes from the Greek "basileus" which means "king" and the ancient Jews, Greeks and Romans used it to support themselves during periods of fasting. It is cultivated in vegetable gardens for culinary use and perfumes numerous recipes. It has digestive, antispasmodic, anti-inflammatory properties and is indicated to alleviate stomach and intestinal cramps, to facilitate digestion, to purify breath and to bring relief in inflammation of the mouth and throat. The distilled water of basil is an excellent non-alcoholic tonic.

BELLADONNA (POISONOUS)



Family: Solanacee.

It is a herbaceous plant with a fleshy stem about 1 m. high, ovate leaves, axillary brown flowers, shiny brown berries. It grows in mountain woods, especially shady in the Alpine and Apennine area and is very poisonous for man but of great medicinal value. Berry poisoning is quite common and

children should be instructed to be careful; in case it occurs it is appropriate as a first intervention to induce vomiting and give charcoal tablets. This plant played an important role in the Black Magic of the Middle Ages, in fact, the famous witches' ointment used in friction poisoning practices on the skin was composed of "belladonna".

In Greek mythology, however, the name belladonna refers to the use that beautiful women made of it to give brilliance to their eyes. At very high doses it has hallucinogenic action and seems to have been used in antiquity by drug addicts to cause dreams and escape from reality. At low doses it is a pacemaker but its toxic action requires the control of the doctor. The belladonna enters the composition of many preparations to dampen coughs, especially convulsive ones.

BERGAMOT



Family: Rutacee.

It is a small tree similar to the orange, with white flowers and yellow and round fruit. According to some people it is to be considered a natural cross between orange and lemon: it does not exist in the spontaneous state and it is cultivated especially in Italy and Spain for the production of the essence. In cosmetics the bergamot essence that is extracted from the skin of the fruit of the same name is used as a component of perfumes and many tanning products. It is used to disinfect the oral cavity, skin and axillary areas and to normalize oily skin. It also has stimulating properties capable of reactivating blood circulation and is used in the treatment of chilblains.

BETONY



Family: Labiate.

It is a perennial herbaceous plant with pink flowers gathered in spikes and leaves with very marked veins. It grows throughout Europe from the Mediterranean to the mountain region up to 1500 meters and its leaves, roots and flowering tops are used. It was very appreciated in ancient times so much that the Egyptians attributed magical virtues to it and applied it for the cure of many diseases. It has febrifuge, expectorant and slightly analgesic properties that is able to calm the pain. It is indicated against jaundice, lung diseases, nervous headaches, dizziness, chronic rheumatism. It has healing power and for external use treats infected sores and leg ulcers.

BIRCH



Family: Betulacee.

It is a tree that can reach a height of 30 m., with a whitish bark that is easily peeled, rhomboidal leaves with long petioles and winged fruits. For external use, its antiseptic and astringent properties are used, which are very useful in the treatment of furuncles and acne. But the fundamental property of birch is to stimulate diuresis, to promote the elimination of uric acid and to lower the cholesterol content in the blood. It also reduces cardiac and renal

oedema, hypertension and in some cases cellulite.

The distilled water from the bark and birch leaves is also an excellent remedy for strengthening hair and eliminating dandruff.

HAWTHORN



Family: Rosaceae.

It is a shrub up to 5 m. high, which grows on the edge of woods and forests and is also cultivated as a hedge. All twigs have thin thorns, shiny, petiolate leaves, white or pink flowers gathered in corymbs, ovoid coral red fruits containing seeds.

The peasants call it "white thorn or May thorn" and its first medicinal use dates back to the 19th century thanks to the discovery of an Irish doctor. Recently it has been attributed tonic-cardiac principles that regulate the rhythm of the heart and exert a good sedative action on hypertensions and arteriosclerotics. It is one of our best antispasmodics and it is devoid of toxicity. The fruits have anti-diarrheal and astringent properties and are useful against urinary retention.

BISTORTA OFFICINALIS



Family: Polygonaceous.

It is a herbaceous plant with a doubly twisted rhizome and serpentine shaped from which it takes its name. The stem is knotty and rigid and has elongated leaves and light pink flowers that form long spikes. It grows in the wet pastures of the mountainous and sub-mountainous areas of the USA. It has astringent and anti-inflammatory properties and is indicated in the treatment of intestinal disorders such as diarrhea and irritation of the oral cavity. The best way to use the bistorta is to swallow the rhizome powder directly because cooking alters the active ingredients. Its infusion rubbed onto the scalp is useful for normalizing oily hair.

BORAGE



Family: Boraginaceae.

It is an annual herbaceous plant with a large juicy stem, large, rough, wrinkled leaves and turquoise flowers..

It is originally from Syria and its name derives from two Arabic words "Abon" meaning father and "Rash" meaning sweat. This plant in fact has sweating properties and is highly purifying as it promotes the elimination of

waste through urine and sweating.

Some people in Central Europe also call it the "good mood plant" because of its unusual properties to combat states of distress and depression.

The infusion of borage flowers has emollient, coughing and expectorant action while for external use the flowers and leaves are used as decongestants on reddened skin.

CAPSELLA BURSA-PASTORIS



Family: Cruciferous.

It is an annual herbaceous plant with an erect stem, raceme flowers and silique fruits, similar in shape to the bag in which the shepherd keeps the salt for the animals.

It is commonly found all over Spain and France, in cultivated places, gardens, on walls, along roads, in forest clearings. It has haemostatic power and it is said that a shepherd who treated his sheep with this plant was able to stop a woman's uterine hemorrhage by administering her fresh juice every hour. It is indicated in menopause hemorrhages, abundant menstruation as it regulates the flow, hemophilia, hemorrhoids.

It also has astringent properties and is recommended in the treatment of dysentery.

BOX (BOX WOOD)



Family: Buxacee.

It is an evergreen plant with small leathery and shiny leaves, very hard wood and greenish flowers so small that they go unnoticed. It grows in Italy from the submontane to the subalpine region, prefers calcareous soils and is abundantly cultivated in gardens. Since ancient times it was used in folk medicine for various uses: Saint Hildegard advised it against smallpox, in the Renaissance it was used as a blood cleanser and later became a febrifuge. Still today it is used to fight fevers of malarial, intestinal, hepatic, rheumatic origin and, in some cases, it triumphs where even quinine fails. It also exerts a sweating and diuretic action.

BRYONIA SUNRISE(POISONOUS)



Family: Cucurbitaceae.

Brionia is a 3 or 4 meters long plant that climbs to the top of hedges and bushes and lives in the hottest regions of Central Europe. It has lobed leaves, small bunches of small flowers and poisonous red berries. And dioecious, i.e. founded by male and female plants, but can bear fruit even without fertilization. The root contains some important principles used in the preparation of drugs for the treatment of gout, rheumatism and febrile states. However, it must be remembered that the plant is very poisonous and must be administered with extreme dosage accuracy.

CALLUNA VULGARIS



Family: Ericaceae.

It is a very branched shrub, 70-100 cm. high, with pink flowers in long terminal clusters and posture now erect or semi-recumbent on the ground. It is quite common in the north of Italy while it is absent in the south and the islands; it prefers siliceous soils and grows in pastures, peat bogs, woods and clearings of pine forests. Its botanical name is *Calluna* and derives from the Greek "Kalluno" that is to say fuck; in fact the branches of this plant are used to make garden brooms. It has astringent, anti-inflammatory, antiseptic and anti-rheumatic properties of the urinary tract. For internal use is used in the treatment of cystitis, leukorrhea, albuminurias and rheumatism. For external use it is used to treat gout, rheumatic neuralgia, redness spots and scaly dermatosis.

COCOA



Family: Stercoraliaceae.

It is a very tall plant with large, persistent leaves, white or red flowers, elongated fruits and almond-like seeds. From the latter is extracted a yellowish-white oily substance called "cocoa butter" which favors the rapid healing of wounds and rhagades and is generally used to soften the skin.

The seed also contains an alkaloid called "theobromine", a bitter white odourless powder that acts on the nerve centers and is therefore indicated in cases of fatigue or hypertension. Theobromine is also strongly diuretic.

RENNET



Family: Rubiacee.

It is a perennial herbaceous plant with yellow flowers in panicles and fruit formed by two achenes each containing one seed. It commonly grows in pastures, meadows, uncultivated moors up to the mountain area and blooms from spring to autumn. It is a legendary plant in fact it is said that Jesus in the cave of Bethlehem was lying on a bed made with rennet branches. It has diuretic, anti-rheumatic, antispasmodic, sedative properties and is used to treat migraines, nervousness, stomachaches. It also has the characteristic of curdling milk due to its high content in acid substances and is used in the manufacture of cheese. The flowers and roots have dyeing properties and colour the wool yellow and red, respectively, but they are used only by hand.

ERYNGIUM AMETHYSTINUM



Family: Umbrellas.

It is a perennial herbaceous plant with petiolate leaves, stiff thorns and white flowers gathered in flower heads. It grows in the arid places of the Mediterranean area and is easily found in rocky areas and along roads. In the medicine of the past, the plant was known and used for its diuretic and aphrodisiac action; today it is also used for its laxative properties that make it useful for obese and hydropic people. It also reduces cellulite and promotes digestive processes.

MARIGOLD OFFICINALIS



Family: Composite.

It is a hairy herbaceous plant with an unpleasant smell, with alternate toothed leaves and yellow-orange flowers. It is native to Egypt and its name derives from the fact that it was believed to bloom at the beginning, that is, at the "calende" of each month.

Its fresh or dried flowers in a compress calm the pain of burns and chilblains. Traditionally it is used to eradicate calluses and corns. It also has antispasmodic properties and is used in abdominal pain and to promote menstruation.

Finally, a handful of flowers infused in very hot bath water exerts a moisturizing, softening and decongestant effect.

CAMOMILE



Family: Asteraceae/Composite.

It is a herbaceous plant with finely lobed leaves and white flowers gathered in flower heads. There are three species of chamomile: Roman, German and Matricaria.

They have the same properties, however, the matricious chamomile has faster and more constant effects and its name alludes to the frequent consumption that the women giving birth to it. Chamomile was already very popular in ancient Greece and the doctor Galen used it against rheumatic pains and fevers. In fact, it has antiphlogistic and febrifuge properties that are remarkably effective and it is also a mild soothing and sedative for the nervous system. Chamomile oil calms redness and inflammation of the skin and is widely used in cosmetics.

Chamomile infusion applied externally in compresses is useful in the treatment of reddened eyes and inflamed eyelids.

HEMP



Family: Cannabinaceae.

It is an annual herbaceous plant with taproot, straight stem covered with

hair, palmate-lanceolate leaves, male flowers separated in terminal panicle and female flowers piled in dense dark green inflorescences.

There are several species of hemp, including *Cannabis Sativa*, which was widely cultivated in Italy until the Second World War, and *Cannabis Indica*, which grows wild in its native Asia. And it is the *Cannabis Indica* that possesses pharmacological properties and secretes a resin with intoxicating power. Its active ingredients are in fact strongly analgesic sedatives and narcotics and is therefore indicated in painful digestive tract diseases such as ulcers and cancer, bronchitis, migraines, neuralgia, mental disorders and urinary tract disorders.

REED/DOG



Family: Poacee/Graminacee.

It is a perennial herbaceous plant with a tall and robust stem, underground rhizome, wide and flat leaves and large panicle-shaped inflorescences consisting of spikes moved by the slightest breath of wind. It is common throughout South Europe and is often cultivated for its use as a guardian in vineyards or to support vegetables such as tomatoes or peas that need support. It has the property of stimulating sweating and is therefore very useful to bring down the fever. It favors diuresis and is indicated against cystitis, oliguria, gouty rheumatism.

CINNAMON



Family: Lauracee.

It is an evergreen tree and usually grows to heights of 10 meters. It has persistent and leathery dark green leaves, small yellowish-white flowers in panicles, drupe fruit and aromatic bark.

Cinnamon is mainly used to perfume many culinary dishes and is one of the ingredients of sangria, the summer drink of Spanish origin with a delicious taste. It has tonic and restorative properties, promotes digestion, stimulates the nervous system and is also an aphrodisiac.

MAIDENHAIR



Family: Polyopodiaceae.

It is a small perennial fern with pale green leaves composed of long thin petioles and fan-shaped leaves. It grows in damp places all over Italy and is found in cracks in the rocks, near waterfalls and in wells. In the past it was believed to have anti-stress properties and that is why it was called "hair of Venus"; today it has a cosmetic use for friction on greasy scalp and with dandruff. For internal use it has expectorant and decongestant properties and is useful for fighting colds, coughs and flu.

HONEYSUCKLE



Family: Caprifoliaceae.

It is a climbing shrub with opposite leaves and fragrant tubular white or purple flowers. It grows throughout France from the sea to the mountains and is cultivated in gardens as an ornamental climber. This plant was already known in ancient times and the Greeks had given it the name of "periclymenum" which means "sticking" precisely because of its characteristic of wrapping around supports. It has expectorant, emollient and antispasmodic properties and is indicated in the treatment of coughs, bronchitis, phlegm and asthma. It also calms hiccups and inflammatory symptoms of colds and flu. For external use the leaves are healing, astringent and anti-inflammatory and are used in mouth and throat irritation and dermatosis.

ARTICHOKE



Family: Asteraceae/Composite.

It is a perennial herbaceous plant with oblong leaves, tubular blue flowers and edible heads wrapped in large purple green scales. The artichoke is widely cultivated throughout Europe, especially in the Mediterranean area for the production of edible heads. The part of the plant that is used in

medicine is not the vegetable but the stem and the large leaves that have purifying diuretic properties, liver protector, digestive, bitter and cholesterol-lowering that is capable of lowering the cholesterol level in the blood. The artichoke also has a detoxifying action, which indirectly contributes to make the skin healthy and luminous.

CARDIAC LEONURUS



Family: Lamiaceae/Labiata.

It is a herbaceous plant with petiolate leaves that gives off an unpleasant smell. It grows isolated on street sides, in hedges, next to old walls and prefers dry places. It is a medicinal plant of great fame, very effective for the heart as its name (cardiac) indicates, which was imported from Asia and then spread throughout Europe with the exception of the Mediterranean regions. In fact, it acts as a sedative for the central nervous system and the heart, causing vasodilation, lowering pressure and decreasing the frequency of heartbeats. It is therefore indicated to treat anxiety, hysteria, insomnia, tachycardia, hypertension, menopause disorders and nervous disorders of the stomach and intestines.

THISTLE



Families: Asteraceae/Composite.

It is a herbaceous plant native to the Mediterranean but grown for medicinal purposes especially in the north. It has a hairy stem, thorny leaves, yellowish flowers in flower heads and roughly resembles wild thistles. Due to its bitter-tonic and digestive properties, it is used in the preparation of digestives and vermouth; it also increases diuresis and purifies the body.

GEUM URBANUM



Family: Rosaceae.

It is a perennial herbaceous plant, common in shady places with large rhizome, pennatosette leaves and small yellow flowers. Its properties are mainly those of stimulating the appetite and the good functioning of the digestive system and is therefore useful in cases of lack of appetite that occur in weak or convalescent people. It also has a good astringent power and is used in cases of diarrhea and to evacuate intestinal phlegm.

CARLINA ACAULIS



Family: Asteraceae/Composite.

It is a herbaceous plant without stem that grows on stony and sunny slopes and in open woods up to altitudes of 2.000 m.. Its disc-shaped white scales open only when the sun shines and function as a barometer. The carlina never withers and for this characteristic is often used for floral decorations but it is also a protected plant in many countries and therefore no longer used widely.

In medicine it is used mainly as a diaphoretic, i.e. to promote sweating, or

in cases of fever, colds and flu. It also has digestive properties, bitter- tonic and is useful in cases of lack of appetite and slow and difficult digestion. Finally it is also used to promote diuresis.

CARROT



Family: Umbrellas.

It is a herbaceous plant with white and violet compound flowers, pennatosette leaves, diachenio fruit and large edible fleshy root. Besides being cultivated, the carrot also grows wild in open and sunny from the sea to the mountains. It is one of the most important plants for man and has been known and consumed for at least two thousand years. It contains vitamin A, B and C; easily assimilable sugars and many mineral salts: iron, calcium, sodium, potassium, phosphorus, magnesium, manganese, sulphur and copper. For its beneficial properties it is very useful to combat anemia, rickets, general weakening of the body, deficiencies of minerals and vitamins, caries. It is an intestinal regulator, reduces inflammation of the stomach and intestines, stimulates diuresis and purifies the body. In addition, the carrot prevents infectious diseases and aging especially with regard to wrinkles and used externally it heals skin rashes and sunburn including sunburn. The carrot seeds have aperitif and digestive properties and, according to an ancient belief, increase milk secretion.

CAROB-TREE



Family: Papilionate.

It is an evergreen tree with large, leathery, dark green leaves, flowers without corolla in reddish clusters and edible fruit. It is native to Asia Minor but is cultivated throughout Southern Europe. Its fruit is a good food for both humans and animals and the flour of its seeds is part of the composition of many dietary products. The carob tree has astringent, anti-diarrheal, refreshing, dietetic, emollient, antiseptic properties. It is indicated in the treatment of intestinal infections such as gastroenteritis, colitis, and diarrhea and in irritations of the throat and intestine.

CHESTNUT (TREE)



Family: Friendly.

It is a tree with dark rind, deciduous, petiolate and lanceolate leaves and edible fruits contained in number of two or three within a thorny shell called hedgehog. It is widespread both in northern and southern France and Spain and is widely cultivated for its fruits and wood.

Chestnuts are in fact very nutritious fruits, they contain vitamins B1, B2, C and many mineral salts. They are recommended in physical and intellectual astheniae, in anaemia of children, the elderly and convalescents with the exception of diabetics. They also promote digestion and are a good tonic for

muscles, nerves and nervous system. The chestnut tree bark is an excellent intestinal and skin astringent while the leaves have the property of calming cough, disinfect the respiratory tract and sedate asthmatic coughs.

CABBAGE



Family: Brassicaceae/Cruciferous.

It is a spontaneous herbaceous plant with an erect stem, glaucous lobed leaves and yellow flowers gathered in clusters. It is widely cultivated in our vegetable gardens as a food plant but already in ancient times it was very appreciated as a medicinal plant. In fact, cabbage leaves have always been used in folk medicine to treat many diseases, first of all indigestion.

Cabbage poultices cure varicose ulcers while poultices calm rheumatic pains and arthrosis. It is rich in proteins, vitamins A and C and carbohydrates; it also contains an antiulcer principle and that is why it is recommended in the treatment of stomach ulcers. There are many species of cabbage, but it should be remembered that for local applications red cabbage is preferred.

CELANDINE (POISONOUS)



Family: Papaveracea.

It is a perennial herbaceous plant with yellow flowers in umbrellas and elongated capsule-shaped fruit containing numerous small seeds.

Its name comes from the Greek "chelidon", that is swallow, because it blooms simultaneously with the arrival of these birds. It is a wild plant and is very common throughout Italy but because of its toxicity it must be used with caution. It is also called "leek grass" because its juice makes warts or leeks disappear. It has antispasmodic, hypotensive, choleric properties, that is, able to stimulate the liver cell to produce bile, vermifuge and purgative. For internal use is indicated against asthma, hypertension, arteriosclerosis, angina pectoris, hepatitis, gastric and duodenal disorders. Used externally it treats eye diseases, calluses, corns, corns and scaly dermatoses.

CENTAURIUM ERYTHRAEA



Family: Gentianaceae.

It is a herbaceous plant with elliptical basal leaves and small flowers gathered in purple selfedgely inflorescences. The centaury, or febre-hunter, is also commonly called "centaur's herb" because, according to legend, it healed the centaur Chiron wounded in the foot by an arrow thrown by Hercules. It grows throughout mountainous to Mediterranean regions but prefers fresh and humid grassy areas. It has tonic, aperitif, digestive, febrifuge, purifying and anti-inflammatory properties and is indicated for lack of appetite, general weakness, slow and difficult digestions, convalescence, febrile diseases, gout and intestinal parasites. The flowery tops, used externally, treat reddened, flaky and impure skin. On the other hand, a concentrated infusion of Centaurea is an excellent after-shampoo useful to maintain the blond highlights of light hair and to purify the scalp.

CUCUMBER

Family: Cucurbitaceae.

It is a herbaceous plant with a lying, hairy stem, rough, heart-shaped leaves and oblong fruits whose color varies from white to dark green to turn yellow in the ripe fruit.



Cucumber is native to India but is widely cultivated throughout Italy for the production of its fruits that are eaten as vegetables. Cucumbers are also very rich in vitamins and contain a large amount of very precious water to replenish the water lost by the human body. The fresh fruit has refreshing, diuretic, purifying, antiuric properties and is indicated in intoxications, intestinal irritations, stones and in the treatment of arthritis and gout. The pulp of the fruit used externally softens, decongests and moisturizes dry and easily irritable skin. Cucumber seeds are effective vermifuge especially against tapeworm.

WILD CHICORY



Family: Asteraceae /Composite.

It is a perennial herbaceous plant with lanceolate and edible leaves, long bitter root and light blue star-shaped flowers. It grows wild in the meadows, from the sea to the mountain region, but is also cultivated in numerous

varieties.

The leaves and roots contain vitamins C, K and P, iron, albumin and potassium salts. It owes its notoriety to the consumption of its leaves in salads and roots as a coffee substitute. It is an excellent tonic and bitter, a good stimulator of stomach activities and fights liver and biliary insufficiencies. Due to its iron content it is also indicated in the treatment of anemia and asthenia. Finally, it has general purifying and detoxifying properties that are also reflected in the appearance of the skin.

CHERRY TREE



Family: Rosacee.

It is a tree with oval toothed leaves, white flowers in umbrellas or bundles and fleshy fruits in drupe, edible. The cherry tree is cultivated as a fruit tree while the wild one grows in the woods all over Italy, especially in the mountain area. The stems of the fruit have diuretic, antiuric, anti gouty properties and are indicated to increase diuresis and to eliminate uric acids. Used externally, instead, they cure irritated, cracked and with dilated capillary vessels.

CYNOGLOSSUM OFFICINALE



Family: Boraginacee.

It is a herbaceous plant covered with hair from 40 to 80 cm. high with red or blue flowers. It grows in the woods, in pastures, along roads and fields and has a rather unpleasant smell of rat, especially if you rub the leaves between your fingers. The chenogloss is a plant known since the Middle Ages for its astringent and healing properties and is still used today to heal the small fissures of the mouth and nipples. Chinoglossus' roots also contain slightly narcotic and sedative substances that help sleep and calm coughing.

ONION



Family: Liliacee.

It is a herbaceous plant with cylindrical leaves and bulb formed by thin outer tunics and fleshy inner tunics, with an acute smell. It is native to western Asia and is one of the most consumed bulbs in Mediterranean cuisine. In fact, in the culinary art, it enters as a condiment in all sauces and as a vegetable in various tasty dishes. The cooked onion is a delicate intestinal regulator. It is also indicated in the treatment of asthenia during growth, fluid retention, azotomy, rheumatism, respiratory diseases, diabetes, arteriosclerosis and obesity. Used externally it treats abscesses, furuncles, warts, sores, insect bites, chilblains, tooth neuralgia, migraines and burns.

EQUISETUM/HORSETAIL



Family: Equisetaceae.

It is a perennial herbaceous plant with an articulated stem with numerous thin branches that make it resemble the tail of a horse. It is very common in clayey, sandy soils, on the sides of roads, in fields, on quays and in cool and humid places.

In ancient times it was used a lot by women especially to make copper pots shine; today, instead, its therapeutic virtues have been discovered and it is used in the treatment of many diseases. Due to its high silica content it is one of the most valuable remineralizing plants to increase tissue elasticity and to reconstruct the skeleton, and therefore it is used to accelerate the healing of fractures. It also has diuretic, hemostatic, astringent, healing, anti-degenerative properties and is indicated to treat urinary retention, water retention in tissues, gout, bleeding, arthrosis, arteriosclerosis, diabetes, nervousness and cancerous states. Finally, it favors menstruation and is very useful in cases of menstrual insufficiency.

SYMPHYTUM OFFICINALE



Family: Boraginaceae.

It is a herbaceous plant that grows in marshy and humid places, from the Mediterranean region to northern Europe. It has always been considered an incomparable vulnerary and, for external use, it is indicated to heal sores and to treat bone lesions, fractures, burns, breast fissures, anal cracks and leg ulcers. For internal use it is indicated for the treatment of digestive ulcers and gastric cancer and tuberculosis. It is also an excellent astringent and is very useful in the treatment of diarrhea and dysentery.

CORIANDER



Family: Apiaceous/Ombrelliferous.

It is an annual herbaceous plant, which exudes an unpleasant smell similar to a bug; it has an erect stem, small white flowers, glabrous fruits with aromatic and medicinal seeds.

It comes from the East and was introduced to our continent by the Egyptians who mixed it with wine to flavor it. In fact, it is still used today together with other aromas to spice meat and preserve it longer and as a condiment in the kitchen.

In addition, its fruits promote digestion, eliminate intestinal gas and relieve abdominal cramps. Used externally coriander fights rheumatism and is used as a painkiller.

QUINCETREE



Family: Rosacee.

The apple or quince is a tree plant native to Western Asia that reaches a height of 4-6 meters. It is cultivated in Italian gardens mainly for its use in the confectionery industry and for the preparation of preserves. It has astringent, anti-inflammatory, emollient, sedative, dietary properties and is indicated to regulate intestinal functions, as an anti-inflammatory of the mouth and throat and to heal skin inflammations and small burns. The quince leaf infusion used externally is an excellent cleanser of the axillary and groin areas.

DIGITALIS (POISONOUS)



Family: Scrophulariaceae.

The digital is a biennial or perennial plant, 50 cm. high, with an erect stem, hairy leaves and large pinkish purple flowers. It grows in hot-humid mountain areas and is widespread especially in South America. It is one of the most thoroughly analyzed medicinal plants and is considered the best medicine for the heart because its leaves contain several glucosides such as digitalis, acitoxin and gytoxin that act on the heart muscle. In addition to being cardiotonic, it is also diuretic because acting on the heart increases blood pressure and simultaneously increases diuresis. It is therefore indicated to treat tachycardias, arrhythmias and myocardial insufficiencies paying attention to the dosage to avoid the poisoning that prolonged use of this plant can cause.

WOODY NIGHTSHADE(POISONOUS)



Family: Solanacee.

It is a climbing or creeping herbaceous plant with whole leaves, purple flowers and red berries. It grows throughout USA from oceanic to mountain areas and is mainly found in cool and humid places. Its berries, if ingested, cause poisoning which, in some cases, can lead to death by respiratory paralysis.

Dulcamara, as its name suggests, has a particular bitter-sweet taste and a nauseating smell that disappears when the branches are dry. It has purifying, diuretic, antisyphilitic, antirheumatic, anti gouty, antiplethoric properties and is indicated in the treatment of pulmonary diseases such as asthma, whooping cough, pleuritis, bronchitis and to heal rheumatism and gout. Used externally it treats dermatosis, acne, hemorrhoids, tumors and contusions.

IVY (POISONOUS)



Family: Araliacee.

It is a climbing plant with evergreen foliage that attaches itself by means of small adventitious roots to tree trunks and walls. The Greeks considered it a

plant sacred to the god Dionysius, in fact many ancient representations depict it with an ivy branch in its hand. Moreover, it has always been the symbol of fidelity in love and was also chosen with laurel to crown poets. It grows all over Italy in cool and shady places, and it is a very effective plant to soothe the coughing coughs and to eliminate bronchial catarrh. However, it is very important to remember its toxicity due to the presence of saponins and therefore it is recommended to be very careful in dosages. It also has antineuralgic, analgesic, anti-cellulite properties and is used in the treatment of neuralgia, neuritis and cellulite.

EUCALIPTUS



Family: Mirtaceae.

It is a majestic tree native to Australia and Tasmania with a smooth trunk and alternate lanceolate and bright leaves. It is widely cultivated in Italy especially in marshy places because it was believed that it had the possibility to dry them up and to fight malaria. Its leaves contain an oily liquid called eucalyptol that has balsamic, antispasmodic, anti-tarrhal properties and is recommended in diseases affecting the bronchopulmonary system as in cases of bronchitis, flu and asthma. It is an excellent digestive aid, promotes liver function and is a powerful bactericide.

Its externally used leaves cleanse and disinfect the skin, soothe burns and have a deodorant and stimulating effect when put in the hot bath water.

EUPHRASY



Family: Scrofulariaceae.

It is an annual herbaceous plant from 10 to 40 cm. high native to tropical areas but now widespread throughout Italy. It is semi-parasitic because it sticks with its roots to the roots of nearby herbs and is also called "grass of the eyes" because it has a beneficial action on eyes affected by infectious conjunctivitis and irritations. It is also indicated against colds, pharyngitis, stomatitis and inflammation of the epidermis, mouth and throat. Finally, it stimulates the appetite and promotes digestion.

BEAN



Family: Papilionaceae.

It is an annual herbaceous plant with white, yellow or purple flowers in clusters, dwarf or climbing stem, leaves consisting of 3 small leaves and legume fruit. The bean was discovered and imported in Europe by the Spanish Conquistadores and today it is widely cultivated throughout Italy for the production of seeds and legumes. It is nutritious, energetic, very rich in protein and can validly replace meat. Bean pods are used in herbal medicine to fight diabetes, liver failure and albuminuria. Finally, bean infusions are a valid dietary and comfort drink for people suffering from

atherosclerosis, diabetes and vitamin and protein deficiencies.

TUSSILAGO FARFARA



Family: Asteraceae/Composite.

It is a herbaceous plant with underground rhizome, heart-shaped leaves and yellow flowers that appear before the leaves. For this characteristic flowering it was called in the Middle Ages "The son before the father". Farfara is widespread in Europe and northern Asia and loves to grow in damp places and clayey soils. It is one of the most valuable plants for cough cure and being also expectorant is useful in cases of flu, colds, laryngitis, tracheitis and bronchitis.

Used externally in infusion calms irritations of the skin and external mucous membranes (intimate areas); it is also an excellent astringent, emollient and soothing for impure and sensitive skin.

BRACKEN (POISONOUS)



Family: Polyopodiaceae.

It is a perennial fern that grows throughout Europe, especially in cool, shady forests. Its more or less elongated rhizome is rich in officinal properties known since ancient times for its remarkable vermifuge qualities particularly active against tapeworms and ascarides. In fact, the active ingredients contained in this plant paralyze solitary worms, which are thus easily expelled by means of a purgative. Its fresh or dry leaves, applied externally to the affected parts, cure arthritis and rheumatism and also ward off human bugs and parasites. However, it must be remembered that the male fern is a toxic plant and should be used under medical supervision because it can cause poisoning, sometimes even fatal, especially in children.

FIGTREE



Family: Moraceae.

It is a tree with smooth, gray bark, palmate-lobed leaves and sweet, fleshy fruits. It is one of the most important food plants in southern regions and contains about 50% invert sugar. Fig fruits have good health-giving properties and exert delicate laxative actions that are especially useful in children.

The decoction of dried figs is an excellent emollient for the throat and sedative for coughs. Finally, latex is useful to eradicate calluses, leeks and warts and to make the ephellis disappear but should be used with great caution especially on the skin of the face.

INDIAN FIG / PRICKLY PEAR



Family: Cactaceae.

It is a fat plant of Mexican origin with leaves transformed into thorns and flattened, green stems, similar to successive leaves. Today it has spread widely in various parts of the world and is used to build tall, impenetrable fences in cultivated land. Its fruits have a certain nutritional value for their sugar content and are also refreshing, thirst quenching and astringent.

The juice of the fresh plant is an excellent remedy in liver diseases, the flowers instead help diuresis and exert mild antispasmodic properties on the intestines.

FENNEL



Family: Umbrellas.

It is a spontaneous plant common throughout the Mediterranean area, from coastal to submontane. The stem, one or two meters high, is cylindrical, the leaves divided into threadlike lobes, yellow flowers and aromatic and spicy seeds.

Fennel root has diuretic, aperitif and carminative properties and facilitates menstrual flow; the fruits stimulate the appetite, promote digestion and block intestinal fermentation processes. The fruit infusion used externally treats bruises, inflamed gums and smells bad breath. The seeds consumed

raw and chewed help prevent influenza.

STRAWBERRY



Family: Rosacee.

The strawberry is a perennial plant with a horizontal rhizome from which the leaves and stems start. The flowers are white with a calyx reinforced by an external calyx; the real fruits are not red and fleshy strawberries but brown achenes which are the so-called dots of the strawberry. Wild strawberries grow spontaneously in the woods and in damp and shady places all over Italy, but they are also widely cultivated to obtain crossbreeds with exotic and coarse fruit species. The rhizome of the strawberry has aperitif, diuretic and purifying properties that can be used in cases of liver failure, rheumatism, stones and gout.

The strawberry is nutritious, refreshing, remineralizing, purifying, detoxifying, bactericidal, laxative and regulates the body's natural defenses. It is indicated in the treatment of anemia, asthenia, arthritis, gout, arteriosclerosis, hypertension, liver fatigue, intoxications. The decoction of leaves used to make rinses and gargles heals inflamed mucous membranes.

RHAMNUS FRANGULA



Family: Ramnaceae.

It is a shrub or small tree a few meters high with elliptical leaves, small yellow-greenish flowers and black drupes with medicinal properties. Its name comes from the Latin frangere, which means break, and alludes to the fragility of its branches. It is a plant widespread especially in northern Europe and Asia Minor and grows in acid and heavy soils and near watercourses.

The main properties of the frangulium bark are to stimulate intestinal functions by performing a gentle laxative action that does not cause heavy irritation to the mucous membranes of the intestine. It is therefore indicated in cases of constipation, biliary insufficiency, obesity, circulatory disorders and cellulite.

ASHTREE



Family: Oleaceae.

It is a large tree with brown bark and deciduous leaves, inconspicuous flowers, bright brown samara fruit.

It grows from the sea to the mountain region throughout Spain and Portugal, it is also cultivated for ornamental purposes and as a guardian in the vineyards. Its leaves have diuretic, sudoriferous, purifying, purgative

and anti gouty properties, its infusion used externally cures rheumatism and arthritis.

The bark is a good tonic and an excellent febrifuge, the fruit is used mainly as a mild laxative.

FUMITORY



Family: Poppies.

The name of this plant comes from its evanescent appearance and its grayish color that gives the impression of smoke from a distance. It is also commonly known as "crow's foot" and grows spontaneously all over southern Europe in grassy places, vineyards, drainage lands and gardens. It is an annual herbaceous plant with small pink or white flowers gathered in clusters and walnut fruit containing a finely dotted seed. Fumaria has mainly purifying properties of the body and is also beneficial for the liver and in the treatment of liver congestion. It helps to fight anemia and scurvy and is an excellent adjuvant in the treatment of arteriosclerosis and hypertension. However, it should be remembered that due to its alkaloid content it should be used under medical supervision and for not too long periods of time.

GALEGA OFFICINALIS



Family: Fabaceae/Leguminosae. It is a perennial herbaceous plant with small blue flowers in clusters and paripinnate leaves from which we obtain a galactagogue substance that is able to stimulate the milk secretion of the nurse. It is endowed, like insulin, with hypoglycemic properties that lower blood sugar levels and is therefore recommended for the treatment of diabetes. For external use, galega infusions are useful in refreshing foot baths for tired feet.

MULBERRY TREE



Family: Moraceae.

The history of mulberry is closely linked to that of silk and it is said that it was cultivated, as the silkworm was bred, in China 4,500 years ago. The black mulberry is an arboreal plant that produces large and juicy berries with a glossy black color and an acidulous taste; they are sugar berries and are used in pharmacies for the production of a syrup with astringent action called blackberry syrup. It has antidiabetic properties and can also be useful in the treatment of diarrhea and against intestinal parasites. The infusion of leaves used for gargling cures angina while the decoction of leaves used externally is an excellent remedy against white leishmaniasis.

GENTIAN



Family: Gentianaceae.

According to legend, the name of this species comes from Gentius, king of Illyria, who seems to have discovered the medicinal virtues of this yellow-flowered plant that loves the mountains of all continents except those of Africa. The Gentian, thanks to its active ingredient, the genziopicroside, is an excellent febrifuge useful especially in malarial and intermittent fevers. It is also one of the most precious plants for digestion and is indicated in gastric and intestinal atonies, general fatigue, anemia and to stimulate the appetite. It is purifying, anti-rheumatic, increases the body's natural defenses, treats diarrhea and eliminates intestinal parasites. Because of its aromatic and bitterening properties it is one of the fundamental components of aperitif and digestive liqueurs, soft drinks and pharmaceutical preparations.

RED GERANIUM



Family: Geraniaceae.

It is an annual or biennial herbaceous plant whose name, according to legend, derives from the Latin "ruber", which means red, the color of which

the leaves and the whole plant are suffused. The red geranium also called roberta grass grows in cool and shady places and is a healing and antiseptic of great effectiveness in the treatment of sores, burns, bruises, angina and stomatitis. It has astringent, haemostatic, tonic and antidiabetic properties as it is able to lower the presence of glucose in the urine of diabetics.

IRIS



Family: Iridaceae.

The name iris refers generically to the numerous species of irises that differ from each other mainly in color. There are at least 150 species of spontaneous irises spread all over the world but the most common species has white petals suffused with violet, the pale iris which has light violet blue flowers and the Germanic iris which has large blue-violet flowers. The Florentine species has expectorant properties and is indicated in the treatment of bronchitis, asthma and whooping cough; the Germanic species has diuretic and purifying properties and is used in inflammation of the respiratory, digestive and urinary organs. Iris rhizomes have a very pleasant scent and are appreciated in perfumery as essences in many perfumes and in liqueurs to aromatize sweet liqueurs and to correct the taste of very dry ones. In addition, the finely pulverized rhizome is used to perfume and slightly disinfect powders, talcum powder and toothpastes.

LILLY-WHITE



Family: Liliacee.

It is a herbaceous plant with beautiful white fragrant cluster flowers, lanceolate leaves and capsule-shaped fruits that open when ripe, releasing round, flat, light brown seeds. It is native to Asia Minor and is cultivated as an ornamental plant even if it is sometimes found spontaneously. The bulb has diuretic, emollient and expectorant properties and is used in the treatment of urinary retention and liquids in general, dry bronchitis, cough, pharyngitis and tracheitis. The pulp of the bulb used externally treats burns and inflammation of the skin. The petals instead are balsamic and detergents and are used as soothing in case of dermatosis, eczema and itching.

LILY



Family: Iridacee.

It is a plant that grows spontaneously at the edges of swamps and near watercourses and is used in herbal medicine for the properties of the rhizome, which is also toxic. It is therefore advisable to use it under direct medical supervision. The yellow lily in fact has diuretic and purgative properties but due to its marked toxicity is used very rarely. It also has the ability to cause vomiting and can be used in some cases of poisoning.

JUNIPER



Family: Conifers.

It is a shrub with pointed leaves and fruits similar to black-blue berries used in cooking, pharmacy and liquor stores. Its name comes from the Celtic word *junepirus* which means "acid" and refers to the taste of the plant's berries. The most important property of Juniper is to increase diuresis and is therefore indicated in the treatment of rheumatism, arthritis and gout. It also has tonic, stomachic and purifying properties and is used to treat general fatigue, to stimulate digestion and as an intestinal antifermentative. However, care must be taken when administering juniper preparations to people suffering from renal or intestinal inflammation, as they can cause discomfort in these cases.

Used externally it has healing, antiseptic and purifying properties and is indicated in the treatment of eczema, acne, atonic sores, ulcers, dermatosis and wounds.

RED JUNIPER

Family: Conifers.

It is a shrub that normally grows in the Mediterranean area and can reach 4-5 meters in height. The upper surface of its leaves is crossed by two white lines separated by a green ribbing: this allows you to immediately recognize the red juniper from the common juniper.



From its fruits is obtained an essential oil, called Cade oil, easily available in pharmacies and very useful in the treatment of many skin diseases such as psoriasis, eczema and acne forms characterized by a strong greasiness of the skin.

BROOM (POISONOUS)



Family: Papilionaceae. It is a shrub that can reach a height of 1 or 2 meters and is very common in siliceous soils. It has yellow-gold flowers isolated or in pairs, small leaves, silky when young and then glabrous, long brown-yellow seeds from which we get a substance, dangerous for its toxicity, called spartein. It is a stimulant of the nervous system but if taken in excessive doses, it can cause death by respiratory paralysis; it also has the ability to slow down the effects of the viper's venom and it seems that sheep eating brooms are immune to the bite of this snake.

The infusion of broom flowers is an effective diuretic and is also very useful in lung diseases because it helps the body to eliminate the chlorides that tend to accumulate as a result of these diseases.

SUNFLOWER



Family: Composite.

It is an annual plant, characterized by large flower heads with yellow peripheral flowers, from whose seeds an edible oil is extracted which is attributed cholesterol-lowering properties. Its seeds, raw or roasted, cure headaches, nervous excitement, whooping cough, cough and colds. The flowering tops for internal use facilitate digestion, increase diuresis and alleviate cold symptoms; for external use, however, are astringents of the skin and inflamed mucous membranes.

COUCH-GRASS (CANINE TOOTH)



Family: Poaceae/Graminaceae.

It is a perennial plant that grows everywhere up to the mountain region of Europe.

It is a pest of cultivated fields and pastures but its rhizome contains mucilaginous substances that are widely used in medicine. In fact, the weed is one of the diuretic and purifying plants par excellence and its use dates back to ancient times. For its diuretic properties it fights inflammations of the kidney, intestine and liver while for the purifying ones it brings relief to arthritics, rheumatism and uricemics. Finally, weed infusions are excellent thirst-quenching and refreshing drinks.

INDIAN CORN



Family: Gramineae.

It is a plant native of Central and South America and was imported to Europe by Christopher Columbus. It was the main source of sustenance of the Incas and Maja peoples and is now cultivated throughout the world in numerous varieties. Maize cobs are rich in fatty substances, proteins, amino acids and alkaloids and are also useful as fodder. The stems of this plant have diuretic, purifying, hypotensive properties and are indicated in the treatment of urinary retention, urinary lithiasis, cystitis, gout, rheumatism, arthritis, hepatitis and arteriosclerosis.

HYPERICUS



Family: Hypericaceae.

It is a herbaceous plant with long leaves dotted with pale speckles that are tiny pockets of essential oil, yellow flowers and capsule fruits with medicinal properties. This plant was recommended in the past by sorcerers to ward off evil spirits from homes and was therefore called "Fuga daemoniorum".

St. John's wort has balsamic, febrifuge, diuretic, digestive and aperitif

properties and is indicated in the treatment of bronchitis, asthma, intermittent fevers, cystitis, fluid retention, alterations in digestive functions. Used externally, in the form of oily macerate, St. John's wort has healing and antiseptic activities and treats burns, sores and wounds.

HYSSOPUS OFFICINALIS



Family: Labiate.

It is an aromatic plant that grows spontaneously in the oceanic area and is also cultivated in vegetable gardens. Its blue flowers arranged in spikes contain a very pleasant essential oil that has most of the active ingredients of this plant. In fact, in herbal use, its flowering tops are used to sedate cough and asthma excesses, to promote digestive processes, to eliminate intestinal gas, to lower blood pressure and to increase diuresis. For external use, the infusion of flowers cleanses sores and wounds, purifies the skin and oral cavity and treats bruises and eczema. For its odorous properties it is used in the perfume sector and for its aromatic properties it is used as a raw material in the liquor industry.

RASPBERRY



Family: Rosacee.

It is a plant with an upright, thorny stem, with leaves consisting of three or five tender leaves, white flowers and scarlet fruits, delicious and fragrant. Its botanical name "Rorus idaeus" comes from Mount Ida where according to Dioscorides it grew wild.

Raspberry fruits, besides being an energetic and thirst-quenching food, contain a good amount of vitamins and are used in the pharmaceutical, liquor, beverage and confectionery sectors. They also have diuretic, laxative, purifying, sweating, refreshing, antiscorbutic and tonic properties and are indicated in the treatment of asthenia, gastrointestinal embarrassment, febrile diseases of dermatosis, insufficient perspiration, gout and constipation. Raspberry leaves used externally in the form of a decoction are soothing and cleansing and therefore useful in the treatment of hemorrhoids, inflammation of the mouth, throat and skin in general.

BURDOCK



Family: Asteracee/Composite.

It is an annual herbaceous plant, native to America, which grows in sandy soils throughout southern Europe. It is traditionally used as a diuretic, depurative and sudorific and is therefore indicated in the treatment of gout and all those diseases due to excess uric acids. It also has astringent properties and used externally it moderates the secretion of sebum, purifies the skin, prevents itching, furuncles and small pustules that give the skin an unhealthy appearance.

LARCH



Family: Pinaceae.

It is a tall tree that can reach a height of 40-50 meters and is, after the spruce, the most widespread conifer in the Northern America. The larch is essentially a good cough suppressant, anticatarrhal, expectorant and is indicated in the treatment of coughs, laryngitis and lung diseases. Extremely well used to promote expectoration, to decongest and purify the nose, throat and lungs. From the resin is obtained the "Trementina di Venezia" whose essence is diuretic and antiseptic for the respiratory tract but can be very irritating if used improperly.

LETTUCE



Family: Composite.

It is a herbaceous plant, with toothed leaves and pale yellow heads, cultivated everywhere in gardens in numerous varieties. Because of its content in mineral salts and vitamins it is consumed in large quantities both cooked and raw, while for its healthy virtues it is used in many herbal preparations. In fact it has calming, refreshing, emollient and narcotic properties and is indicated to sedate coughs, to refresh and regulate the intestine and to fight insomnia without using chemical synthesis sleeping pills. For external use the fresh leaves, raw or boiled, can be used as

soothing poultices on skin irritations, furuncles and burns. The pulp of fresh leaves is an excellent decongestant mask for sensitive and dry skin.

LAVENDER



Family: Labiate.

This pleasantly aromatic herb is native to the coastal regions of the Mediterranean and has often been used by the Romans to prepare perfumed baths. Today it is also widely cultivated in France and Central Europe for the extraction of the essence that is used in the perfume industry. To the lavender are recognized the properties to sedate the cough, to attenuate the asthmatic crises and to favor the expectoration. It also has the power to calm the nerves, relieve headaches, nausea, vomiting and hiccups. The lavender flowers used externally purify oily skin and acne, promote the healing of wounds and sores and improve blood circulation in the scalp. Also for external use lavender is excellent for purifying the mouth and breath through rinsing and gargling.

LEMON



Family: Rutacee.

The use of this citrus does not need much comment. In fact, since ancient times it became the miracle remedy to fight scurvy, a disease due to vitamin C deficiency. Lemon juice has valuable antiseptic properties and is used as a disinfectant of the oral cavity and skin, for small wounds, angina and stomatitis. As a cosmetic it is a good astringent, cleansing, brightening and purifying and is therefore very suitable for cleaning oily and impure skin. It also fights gout, rheumatism, arthritis, vitamin C deficiency and thirst. The peel also has antiseptic properties useful in many diseases of the respiratory and genito-urinary system and contains a valuable essential oil used in the liquor, food, perfume and pharmaceutical industries. Finally, the unsweetened lemon juice contributes to the elimination of fat and cellulite and is in fact recommended in slimming diets.

LIQUORICE



Family: Fabacee/Leginous.

It is a perennial plant, with elongated root, stem about one meter long, pinnate leaves and flowers whose color varies from blue to pale purple. It grows wild in Spain and Portugal, especially in the south and loves arid and bushy soils. Its roots have emollient and expectorant properties very useful against coughs and bronchial catarrh.

They are also antispasmodic and adjuvants of digestive processes and are indicated for heartburn and gastritis. For external use, liquorice roots calm throat irritations of smokers, improve breath and clear the voice.

Liquorice is also a thirst-quenching and emollient component for tablets and candies, it enhances the taste of sweets, makes liquors, tobacco and medicines with an unpleasant taste aromatic.

HOP



Family: Cannabaceae.

It is a perennial climbing herb with rough, heart-shaped leaves and fruits that look like small green tassels containing ash-gray achenes. The hops are best known for their use in the brewing industry to which they give the unmistakable bitter aroma. It is aperitif, tonic, purifying, diuretic, vermifuge, antiscorbutic and sedative of the nervous and sexual sphere.

Because of its properties, it is indicated in the treatment of rickets, convalescence, lack of appetite, excessive sexual excitability, dermatosis, lymphatism and gout. Its inflorescences used externally in applications calm neuralgic, arthritic and rheumatic pain. In cosmetics, hops are used to restore vitality and radiance to wrinkled and relaxed skin.

MALLOW



Family: Malvacee.

It is a large biennial plant with long petiolate leaves and pink flowers. It grows everywhere and prefers dry and stony places. Its active ingredients are contained in the leaves and flowers that are used in infusions to treat coughs, colds, constipation and intestinal inflammation. For internal use, mallow preparations are also emollients of the mouth and throat and for

their delicate action are particularly suitable for the body of children and the elderly. For external use they are used against skin irritations, furuncles and itching. Finally, rinses and gargles with flower infusion are useful in dental abscesses, stomatitis and mouth ulcers.

ALMOND-TREE



Family: Rosacee.

It is a typically Mediterranean tree that blooms in early spring and announces the arrival of the summer season. It has showy white flowers, serrated leaves and almond fruit.

Its seeds, in the sweet variety, are highly energetic and dietetic, as they contain proteins, fats, sugars and salts. In the bitter variety, on the other hand, they are poisonous even if consumed in modest quantities and are used only by pharmacists, who know how to dose them in the right proportions.

Almond leaves also have emollient, refreshing, intestinal regulating and sedative properties for coughs and nervous disorders. They are therefore indicated against constipation and in the treatment of whooping cough, asthma excesses and convulsive and nervous coughing. When used externally, almond pulp diluted with a little milk flesh fights redness and skin irritation.

HAREHOUND



Family: Labiate.

It is a perennial herbaceous plant, covered with whitish hair, with flowers gathered in white spikes. It grows in the arid soils and thickets of Provence and Mediterranean countries. It has been known since ancient times for its balsamic, expectorant and coughing properties that make it an excellent remedy in lung diseases characterized by catarrh. It contains marrubine, a bitter principle that has digestive and choleric virtues to improve liver function. It also has good febrifuge properties useful especially in fevers of intestinal origin.

For external use it is used as an antiseptic on ulcers, pustules and scabs.

AUBERGINE



Family: Solanacee.

It is a plant native to India and Africa and is cultivated in vegetable gardens for its delicacy. In addition, its low sugar content makes it an excellent vegetable in slimming diets.

It purifies and detoxifies the body, normalizes liver function, reduces blood cholesterol levels, stimulates diuresis and promotes the elimination of nitrogenous waste. This state of health is also reflected in the skin that appears healthier and more velvety. The fresh eggplant pulp used externally

soothes hemorrhoid disorders and skin irritations.

BALM-MINT



Family: Fabacee.

It is a common plant that grows both in uncultivated land and in cultivated places. Its bunches of yellow flowers, fragrant and rich in nectar, are the favorite of bees. Melilot has a valuable sedative and antispasmodic action and is used for the treatment of insomnia, spasmodic coughs and digestive disorders of nervous origin. It is also used as a diuretic and antiseptic in mild urinary disorders.

Melilot infusions for external use decongest inflamed eyelids and treat eye diseases and conjunctivitis.

BALM-MINT



Family: Labiate.

This aromatic plant has come to Europe from the Middle East where it is normally used to prepare a refreshing tea.

It is also known under the name of "grass limoncina" or "cedronella" for its

pleasant lemon scent. In ancient times lemon balm was considered the plant of love and happiness and it was customary for lovers to wear a bracelet woven with this plant. It should not be missing in the vicinity of a hive because the nectar of its flowers is much appreciated by bees.

Therapeutically it is used to treat migraines, neuralgia, nervous crises, spastic abdominal pain and irregular and painful menstruation. It also acts as a tonic and stimulant on the body in general. For external use it is used to decongest irritated skin and to relieve rheumatic and neuralgic pain.

APPLE-TREE



Family: Rosacee.

It is a tree widely cultivated throughout Europe and America in numerous varieties.

The health benefits of its fruit are proverbial especially when consumed raw and with the skin that is rich in active ingredients. The apple has tonic properties of muscles and nerves and is indicated for the treatment of physical and intellectual asthenia. It also fights rheumatism, arthritis, gout, fever and insomnia. An apple in the morning purifies the body and stimulates liver function while taken in the evening is slightly laxative. It is also diuretic, cures sedentary lifestyle disorders and obesity and prevents heart attacks.

Finally, it should be remembered that it has beneficial effects on the skin and firms the tissues of the face, neck, breasts and abdomen.

MINT



Family: Labiate.

The different qualities of this popular plant all derive from a single family native to the far west and exported to Europe. The main types of mint are peppermint and water mint which are widely used in the pharmaceutical, food and herbalist sectors. The name mint comes from the nymph Minte who, according to a Greek legend, was transformed out of jealousy by Proserpine into this perfumed plant. The healthy properties of peppermint are similar to those of water mint and are indicated against general body fatigue, indigestion, aerophagy, gastric spasms, colic, intestinal intoxications, liver diseases, palpitations, dizziness, migraines and painful menstruation.

For external use mint infusions are used to treat itching, inflammation of the mucous membranes, airways and skin and for bad breath. Finally, the essence of mint lotion, applied locally, calms neuralgia and dental pain.

BILBERRY (VACCINIUM MIRTULLUS)



Family: Ericacee.

The blueberry is a very common plant in the woods throughout Argentina. It has oval, barely toothed, bright green leaves, pinkish white bell-shaped flowers and blue-black berry fruit, with a delicious taste. Its leaves lower

the blood glycemic rate and are useful in the treatment of diabetes. The berries have astringent, antiseptic and bactericidal properties and are indicated in the treatment of enteritis, dysentery, infantile diarrhea, intestinal fermentation and hemorrhoids. The blueberry also has the ability to protect blood vessels and stop bleeding and is therefore used in cases of arteriosclerosis, circulatory disorders and capillary fragility. For external use blueberry fruits are very good astringents and anti-inflammatory for pharyngitis, stomatitis, canker sores and eczema of the skin.

LILLY OF THE VALLEY (POISONOUS)



Family: Liliacee.

It is a perennial herbaceous plant that grows in shady and humid woods but is also cultivated in gardens. Its flowers are very fragrant while its fruits are so poisonous that they cause death. Since time immemorial it has been used in the treatment of heart diseases such as angina pectoris and its beneficial action can be compared to that of digitalis. It is also an effective diuretic and proves to be very useful in the treatment of nephritis, dropsy and edema. Finally, it is an excellent remedy against headaches.

MEDLAR



Family: Rosacee.

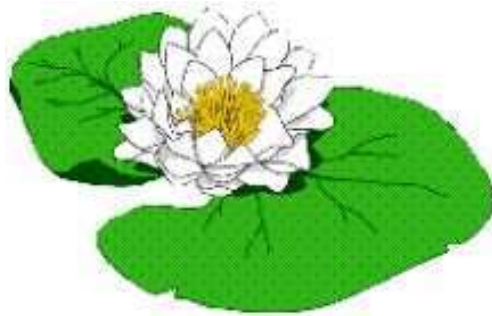
It is a small tree, originally from Asia Minor, which is often found in the wild but is also widely cultivated. It has thorny branches, dark green lower hairy leaves, edible fruits with yellow flesh with a slightly acidulous taste and large brown seeds. The pulp of ripe fruits has anti-diarrheal, intestinal astringent and diuretic properties and is indicated for the treatment of hemorrhoidal inflammations, enteritis, diarrhea, dysentery, gout and calculosis.

The pulp or decoction of immature fruits used externally soothes inflammation of the skin and mucous membranes. The leaves instead are especially useful in all irritations of the mouth, throat and gums with gargles or rinses.

NYMPHAE/WATERLILLY

Family: Ninfceacee.

The white water lily is a perennial aquatic plant that grows in ponds, ponds and all places where the water is still or has a weak current. Aesthetically beautiful, the water lily has also been known since ancient times for its anaphrodisiac properties that have given it the name of "pleasure destroyer". The flowers and root of the water lily have in fact calming power of sexual activity and, according to tradition, hermits used it to better endure abstinence of celibacy.



They also have sedative, anti-inflammatory, emollient and astringent properties and are indicated to treat insomnia, cystitis, catarrhal coughs and dysentery. For external use the rhizome serves as an astringent and emollient of inflamed skin especially for small ulcerations of the mouth and throat.

HAZEL-TREE



Family: Coriacee.

It is a bushy shrub that rarely reaches the size of a small tree. It was already known and cultivated by the Romans who consumed its good fruits with nourishing, energetic and digestible properties. In fact, they are an excellent food in all those cases that require a strong nutritional intake such as growth and pregnancy.

The leaves of the stone are purifying and help in the treatment of skin diseases while the flowers are useful in febrile diseases.

WALNUT-TREE



Family: Juglandacee.

It is a tree native to Asia, which can also reach 15 m. in height. For a long time it has been cultivated in Mediterranean regions from the sea to the mountain area. The leaves of the walnut tree have tonic, digestive, purifying and restorative properties. Used in infusion they have anti- diabetic powers because they lower blood sugar levels while used in decoction they fight gout, rheumatism and excessive perspiration. The leaf tincture is used in homeopathy in the treatment of arthrosis and rickets. The fruit, rich in vitamin C, is laxative and vermifuge and is recommended against tapeworm and intestinal parasites. The unripe fruit, instead, is used for the preparation of a digestive liqueur, nocino. The hull has antiseptic properties and used

externally it treats white leaks, angina, atone sores, abscesses and eczema. Fresh walnut juice heals scaly dermatoses.

SEA BUCKWOOD



Family: Eleagnacee.

It is a shrub that grows throughout Europe and prefers stony, sandy and sunny places precisely because it needs a lot of light. It is cultivated to make loose soil compact: in fact, its long roots hold the soil and prevent landslides. Its fruits are considered poisonous in many parts of Europe, but in reality they are very rich in vitamin C and used in small amounts to fight against anaemia, lack of appetite, influences and fatigue that follows too much work, illness or pregnancy.

For internal use they are also excellent intestinal astringents, while for external use they soothe inflammation of the skin and mucous membranes of the mouth and throat.

OLIVE-TREE



Family: Oleacee.

It is an evergreen tree that grows in almost all of the Mediterranean. Its leaves have febrifuge, astringent, antiseptic and hypoglycemic properties. They also have hypotensive action and, under medical supervision, can be

used in the treatment of hypertension. For external use instead, they promote the healing of small wounds and soothe inflamed hemorrhoids. The fruits, very nutritious and slightly laxative, are useful in constipation and liver diseases and help the body to evacuate the stones. For external use, crushed and applied on the skin, they help in the treatment of boils and abscesses. The oil that is extracted is among the best of those of vegetable origin, and is an effective emollient and laxative: a tablespoon of olive oil in the morning is a good cure for those who suffer from hemorrhoids. It is also a good sun oil, mitigates erythema and friction on the scalp fights hair loss.

ONONIS NATRIX



Family: Fabacee.

It is a perennial herb widespread in meadows and stony places all over South America. It is very thorny and can be dangerous for the cattle that graze it because it can cause injuries to the mucous membranes. It is a plant much appreciated for its diuretic and purifying properties and is indicated in the treatment of cystitis, nephritis, urethritis and bladder catarrh. It also facilitates the elimination of toxins and chlorides that generally accompany gout and rheumatic and arthritic phenomena.

The root infusion for external use is useful to combat itching of the skin and reddened throat.

ALDER-TREE



Family: Betulacee.

It is a tree widespread throughout Europe whose wood, of a beautiful orange-red color, is used for the manufacture of objects and furniture. Its leaves have diuretic, astringent, anti-sudoriferous properties; moreover, popular tradition attributes them the property of decreasing milk secretion. The bark, rich in tannins, has febrifuge properties very useful in case of intermittent fevers or simple influences. For external use instead the bark decoction treats inflammations of the skin, mucous membranes, gums and hemorrhoids.

ORIGAN



Family: Labiate.

It is an aromatic plant very common in Italy and its discreet and delicate scent flavours salads and Mediterranean dishes. Its flowery tops stimulate the secretion of gastric juices, facilitate digestion, alleviate intestinal cramps, cure aerophagy and eliminate bronchial catarrh. For external use, oregano preparations are excellent against rheumatism, muscle and joint rheumatism, and help to eliminate cellulite. Suffumigias and inhalations of oregano free the stuffy nose and relieve the heaviness of the head and the resulting neuralgia. Finally, rinses and gargles made with a decoction of

flowery tops purify the mouth and throat.

NETTLE



Family: Urticaceae.

It is a perennial plant, rich in urticating hairs containing a caustic liquid. There are several varieties, but in the therapeutic field dioecious nettle or horticultural nettle has more properties. The infusion of leaves and roots for internal use is an excellent anti-rheumatic, purifying and anti-diarrheal, while the juice of the freshly squeezed plant is haemostatic and vasoconstrictive. Nettle contains vitamins A and C and is indicated in the treatment of anaemia, rickets and in general weak states. For external use, nettle roots boiled in a little vinegar are a scalp tonic and are also used to combat hair loss.

POPPY



Family: Papaveraceae.

It is a herbaceous plant that grows in cultivated and uncultivated fields. Its therapeutic properties are contained in the dazzling red flowers that stand out among the dominant green of the grasses. The poppy is a mild narcotic and is indicated against insomnia; it is also antispasmodic, cough sedative, emollient and sweating and is used for the treatment of spasmodic coughs.

such as whooping cough, bronchitis, pneumonia and eruptive fevers. Used externally it soothes inflammation of the eyelids and treats angina.

PELLITORY



Family: Urticaceae.

It is a perennial herbaceous plant that grows on fresh and damp walls and along hedges all over Italy. It was known since ancient times for its diuretic virtues that still today make it effective in kidney diseases and retentions of liquids and urine. For external use it is used as an emollient on furuncles, dermatitis, rhagades and small burns.

PASSIFLORA (PASSION FLOWER)



Family: Passifloraceae.

It is an exotic creeper that grows in the humid forests of South America and is cultivated as an ornamental plant. It owes its name to the flower that, with its crown of purple red filaments, makes one think of the crown of thorns used to crucify Jesus Christ. The plant has sedative and antispasmodic properties of the neuro-vegetative system. Passionflower tea and essences are widely used to calm nervous disorders, fight insomnia and reconcile a natural and restful sleep. The pulp of the fruit is instead used to prepare soft drinks.

HIERACIUM PILOSELLA



Family: Composite.

It is a very common plant, with hairy, greyish leaves and yellow flower heads. Because of its diuretic properties it is recommended for those who suffer from kidney disease, gout and nephritis. The pilosella is also a febrifuge plant indicated as a remedy to fight fevers of infectious origin. For external use it has an astringent and anti-inflammatory action on the skin useful on furuncles, skin irritations, desquamations and slight burns.

PERIWINKLE



Family: Apocinaceae.

It is an evergreen shrub very widespread in Italy and Corsica.

It has dark, shiny leaves and flowers of a wonderful blue color that make it stand out in the meadows. Its leaves contain vincamina, an alkaloid that is useful against cerebral sclerosis and the decrease in intellectual faculties characteristic of advanced age. For internal use they also have tonic, aperitif, digestive, antidiabetic and hypotensive properties and are indicated to stimulate digestive functions and the treatment of anaemia, diabetes and hypertension. For external use periwinkle leaves have anti-inflammatory properties and are therefore useful in the treatment of irritated skin, furuncles, eczema, dermatosis and sores.

PEAR-TREE



Family: Rosacee.

It is a tree that grows wild in Italy, Europe and Asia. Its fruits contain a considerable amount of water, sugars, vitamins, minerals and have a diuretic, purifying, nourishing and remineralizing function in the body. The consumption of this fruit is therefore indicated in pregnancy, convalescence, gout, arthritis and rheumatism. The pear also has a refreshing and stimulating action for gastric functions and is indicated in intestinal disorders.

PEACH-TREE



Family: Rosacee.

It is a tree that can reach a maximum height of 5 m. and that has been cultivated in our temperate regions since ancient times. Its fruits are excellent from a medical and dietetic point of view because They are thirst-quenching, diuretic, slightly laxative and at the same time provide the body with vitamins A, B, C and sugars. In external use the fruits are used as moisturizing, emollient and vitaminizing masks for dry, delicate and sensitive skin. The flowers have sedative, antispasmodic and coughing properties but should be used moderately and under doctor's supervision.

PLANTAIN



Family: Plantaginaceae.

It is a common plant throughout Europe. It exists in many varieties but all have similar properties and common characteristics. The leaves and seeds of these plants have a purifying effect on the blood, lungs and stomach and are indicated in the treatment of tuberculosis, chronic bronchitis, diarrhea and dysentery.

They also promote blood clotting and are very useful in cases of hemophilia. For external use the leaf decoction is used to treat conjunctivitis, inflammation of the skin and eyelids and insect bites.

PIMPERNEL



Family: Rosaceae.

It is a herbaceous plant that grows on rocks and in grassy places all over South America. In culinary use the pimpinella is used to flavor soups, salads and wines.

It is an effective hemostat and its Latin name, *Sanguisorba*, indicates the virtues of the plant to curb blood loss. For internal use it also has the function of fighting inappetence and stomach upset while for external use it is an excellent soothing for inflamed hemorrhoids and burns.

PINE-TREE



Families: Pinaceae.

It is a first size tree, up to 30 m. high, which lives in cold climates and is found spontaneously in the woods of the European mountains.

From the therapeutic point of view it is considered the most precious among the pines and its buds, rich in balsamic substances, disinfect the respiratory system, promote the elimination of phlegm and exert a beneficial sedative action of cough; they are also diuretic, anti-rheumatic and antiseptic of the urinary tract. For external use, the buds thrown into boiling water release the cavities of the nose and throat and purify the air.

In cosmetics, the essential oil obtained by needle distillation enters the composition of bath soaps that stimulate, deodorize and tone the skin.

LUNGWORT



Family: Boraginaceae.

It is a herbaceous plant that grows throughout Spain and is distinguished by the color of its flowers that vary from pink to blue. For its emollient and expectorant properties, it is indicated in the treatment of bronchial diseases and against coughs, hoarseness and sore throat.

Decoction of leaves or flower tops used for rinsing or gargling soothes

inflammation of the mouth and throat.

PARSLEY



Family: Umbrellas.

It is a native plant of the Mediterranean and grows in many European countries and North America. It is certainly the most used of all herbs and every cook uses it to flavor and garnish his dishes. Parsley, for its high vitamin and iron content, has always been considered a general tonic very useful in the presence of anemia, rickets and scurvy. It also has diuretic, purifying, detoxifying, digestive and emmenagogue properties.

For external use the chopped leaves are an excellent remedy against bruises and can be applied directly on muscle tears. The juice instead relieves the pain caused by insect bites.

WOODLAND PRIMROSE



Family: Primulacee.

It is a perennial plant common throughout Europe. Its Latin name "Primis," refers to the fact that it is the first flower to appear in spring.

Its leaves, tender and young, are excellent in salads and make them more purifying. The herbal teas of its flowers for internal use, have diuretic,

antispasmodic and sedative properties of the neuro-vegetative system and are very useful in nervous excitations, insomnia, hysteria, palpitations, dizziness, neuralgia, nervous contractions of the stomach. Its roots, for internal use, are expectorant and prove to be effective in the treatment of influences. For external use, on the other hand, they calm rheumatic pains and make the contusions regress.

PLUM-TREE



Family: Rosacee.

It is a shrub or small tree with serrated and wrinkled oval leaves, white or pink flowers in pairs and fruits rich in sugars, vitamins and minerals. They are an excellent food for children, weak people, the elderly and convalescents: in fact, due to their content in vegetable fibers they stimulate intestinal motility and have a delicate laxative action. They also facilitate the assimilation of food and the elimination of intestinal waste. The bark decoction for internal use is astringent and febrifuge and is an excellent adjuvant in febrile states.

PRUNELLA



Family: Lamiacee/Labiata.

The prunella or blackberry grass grows in dry and sunny soils all over Mediterranean. It has an upright stem, oval and acute leaves, pinkish purple flowers grouped in spikes.

For internal use the medicinal properties of this plant are mainly astringent, for external use they are anti-inflammatory and promote the regression of redness of the mucous membranes of the mouth, throat, skin and intimate areas.

KNEE-HOLLY



Family: Liliacee.

It is an evergreen shrub common in dry forests throughout South Europe. It has greenish flowers and red berries that in winter stand out among the glossy, dark green foliage. For internal use the rhizome has diuretic, purifying and anti-inflammatory properties and has long been used in the treatment of nephritis, joint rheumatism, gout, urethritis, oedema and fluid retention in general. For external use it treats swelling of the legs and hemorrhoidal disorders.

Finally, the extracts of pungitopo for their normalizing properties of the peripheral circulation are used in cosmetics for the treatment of skin with couperose and persistent redness.

OAK-TREE



Family: Friendly.

It is a majestic tree that can reach 50 m. in height. It is widely spread

throughout continental Europe and has always had a mythical and religious role among the ancient populations. In fact for the Romans and the Greeks it was a tree consecrated to Jupiter (or Zeus), king of the gods while in Germanic mythology it was sacred to Donar, god of thunder and fertility. The part of the oak most used for therapeutic purposes is the bark that contains tannin and bitter. For internal use it is used against intoxications, intestinal bleeding, diarrhea and dysentery; externally it mitigates inflammation of the mouth, throat, hemorrhoids and mucous membranes in general. It also relieves excessive sweating in the feet and armpits and cleans oily hair and dandruff

RHUBARB



Family: Polygonaceous.

It is a herbaceous plant that grows in the grassy and humid places. Its properties, which are the same as the most famous Chinese rhubarb, are contained in the rhizome. The most exploited activity is the one that regulates intestinal functions and simultaneously purifies the body. Moreover, alpine rhubarb is a bitter-tonic that stimulates the secretion of bile and because of its content in oxalates it is recommended for people suffering from kidneys and stones.

HORSE-RADISH



Family: Cruciferous.

It is a plant that grows in uncultivated places and has rough dark green leaves and a single stem covered with white flowers.

It has a very penetrating aroma and is used as a condiment especially in Germanic countries. It is rich in vitamin C and added in small doses to daily food helps to purify the blood and free the body from excess mucus. The latter property is very useful in people suffering from nasal congestion and sinusitis. The grated roots applied externally are anti-inflammatory, relieve pain caused by insect bites, treat chilblains and produce rapid relief of sore limbs.

QUEEN OF THE MEADOW(MEADOWSWEET)



Family: Rosaceae.

It is a perennial plant that with its fragrant white flowers and tall stems dominates the wet meadows. Its buds contain salicylic acid which is the basis of the universally known aspirin. It therefore has febrifuge, sweat, diuretic, astringent properties and, for internal use, is indicated in liquid retention, insufficient diuresis, in the treatment of rheumatism, arthritis, gout, diarrhea and cellulite. Externally the infusions of leaves and meadowsweet flowers used with wraps are an excellent adjuvant in

reducing swelling of the extremities and joints.

BLACK-CURRENT



Family: Grossulariacee.

It is a small shrub that grows wild in Europe and is also cultivated in vegetable gardens. Its slightly acidulous black berries are used for the preparation of syrups, preserves, liqueurs, wines and food colors. They are rich in vitamins C and P and contain substances that increase visual perception in the twilight hours. For internal use they also regulate the functions of the intestine while for external use they soothe burns and inflammation of the mouth and throat. The leaf infusion for internal use is diuretic, purifying, anti-rheumatic and, consumed regularly, prevents gout and hypertension.

For external use it has astringent properties of the skin and mucous membranes.

RHODODENDRON(TOXIC)



Family: Ericacee.

It is a beautiful ornamental plant that is commonly grown in gardens not very sunny. It grows wild in the mountains and is also called "Mountain Rose". Its leaves have diuretic, anti-rheumatic and analgesic properties and, for internal use, are indicated against the formation of kidney stones, joint

rheumatism and gout.

In addition, rhododendron oil, which is obtained by letting 300 grams of galls, dried and crumbled, macerate for 20 days in 900 grams of olive oil, is indicated to rub the sore parts affected by rheumatism.

DOGROSE



Family: Rosacee.

It is a perennial shrub much appreciated for the beauty of the flower and the sweetness of its scent. It commonly grows in hedges, on the edge of woods, in clearings and in many uncultivated places. The fruits of this plant, called cinorrodonts, are excellent fortifiers and, due to their high vitamin C content, are indicated in states of avitaminosis and general fatigue. They are also refreshing and laxative and are an excellent remedy against constipation.

The flowers and leaves are indicated for internal use as general astringents, for external use as wound healers.

ROSEMARY



Family: Labiate.

It is a sweetly scented shrub that enters as a flavoring and condiment in Mediterranean cuisine. It has been known for a long time for its therapeutic powers and for its very useful extracts in the perfumery, cosmetics and liquor industry. For internal use rosemary twigs favour digestion, stimulate diuresis and sweating, calm coughs, regulate the menstrual cycle and strengthen the body. For external use they cleanse and purify the skin and are an excellent liniment against rheumatic pains. Finally, the essential oil, which is obtained by steam distillation of flowering tops, is useful in the external treatment of contusions, joint and muscle pain and torticollis.

BLACKBERRY BUSH



Family: Rosacee.

It is a shrub that grows in forests and hedges throughout Europe. Its fruits, blackberries, contain vitamins A and C and are delicious in jams and jellies. In addition, both the leaves and the fruits have, internally, delicate astringent properties very useful to curb diarrhea and normalize the functions of the intestine. For external use instead the leaves are anti-inflammatory and cleansing and are used in rinses and gargles for inflammation of the skin, gums, intimate mucous membranes and hemorrhoids.

RUE (POISONOUS)



Family: Rutacee.

It is a Mediterranean plant, perennial, with oval green-blue leaves and yellow flowers. It has aromatic properties, digestive protective vasal and rubefacienti but should only be used under direct medical supervision strictly adhering to the prescribed doses. In fact, if not, it is highly toxic and can even cause death. Always in small doses it is used in cases of absence or menstrual insufficiency and as a sedative of spastic phenomena in general.

LYTHRUM SALICARIA



Family: Litracee.

It is a perennial herbaceous plant that grows in damp places and along streams throughout Italy. It has an erect stem, lanceolate leaves and purple flowers in long terminal ears. Its therapeutic properties are contained in the flowering tops that are harvested in June-August, during flowering.

The salcerella performs astringent, anti-diarrheal, haemostatic, antiseptic, antibiotic and, for internal use, is indicated in the treatment of haemorrhagic or tubercular enteritis, infant enteritis and bacillary dysentery.

For external use it is used in the treatment of varicose ulcers and in the

treatment of leukorrhea, vaginitis and vulvar itching.

WILLOW



Family: Salicaceae.

The willow, both the white and the red one, grows along watercourses and on the banks of streams all over Africa. The substances contained in the bark of both have febrifuge, anti-rheumatic, antispasmodic, tonic properties and are indicated in the treatment of febrile states, rheumatism, arthritis, menstrual pain and in states of insomnia and anxiety.

willowIt should be remembered, however, that in domestic herbalist practice it is advisable to use the white willow.

SARSAPARILLA



Family: Liliacee.

This great perennial climber is native to Central America. It has shiny dark green leaves, small star-shaped greenish-white flowers and red berries, as big as wild grapevines. For centuries its root has been used for medicinal purposes: it has sweating and purifying properties and is indicated in the treatment of gout and rheumatism. It is also used in skin diseases because it accelerates the turnover.

SAGE



Family: Labiate.

Sage is a plant native to the Mediterranean and for its fresh and penetrating aroma is well known in the kitchen. Sage tea, for example, is a drink that is also served in bars in Greece and is not only thirst quenching but also acts as a general tonic and stimulant relieving liver disorders and rheumatic pains.

Sage leaves and flowers prepared in infusion for internal use have balsamic and expectorant effects on the respiratory system and are an excellent remedy for asthma excesses.

For external use they treat mouth and throat irritations, dermatosis, ulcers and insect bites. Finally, it must be remembered that the essential oil contained in the leaves is toxic to the nervous system even if used in small quantities.

ELDER-TREE



Family: Caprifoliacee.

It is a shrub that grows wild in European hedges and can reach 7 m. in height. Its botanical name, "sambucus", derives from the Greek "stringed instrument" and in fact, even today, the pipes and buffaloes are made with its concave branches.

Elderflowers have sweating properties and are used for internal use in febrile states and inflammation of the respiratory system.

Also for internal use the bark is diuretic, anti-rheumatic, anti gouty while the fruits, rich in vitamin C, are mainly purifying, laxative and anti-nevralgic.

SANICULA



Family: Apiaceous/Umbrelliferous.

Sanicula is a perennial herbaceous plant that grows in cool, shady places and humus-rich soils. It is well known in folk medicine and is used as an antihemorrhagic and healing agent on infected wounds and sores. It also has a beneficial anti-inflammatory and soothing action on all inflammations of the mucous membranes of the mouth, throat and hemorrhoids.

SAVORY



Family: Labiate.

Summer savory (St. Hortensis) is a native Mediterranean herb that has spread rapidly through Europe. It was very popular among the ancient Greeks and Romans especially for its penetrating aroma that makes it

excellent to accompany fish and meat dishes. From June to July it is covered with small, delicate blue flowers that resemble, still closed, those of lavender and rosemary and remain until autumn, after which they give way to the fruit.

Beyond its gastronomic value, savory is also very useful in medicine and its aerial portion, for internal use, promotes digestion and is also very useful as a general tonic.

For external use it has antiseptic properties and is indicated to purify the skin and to treat sore throat and small mouth ulcers.

CELERY



Family: Umbrellas.

It is an aromatic plant that grows in mountain areas up to 1,800 m. high. In Anglo-Saxon countries it is considered an appreciable vegetable and its fresh leaves are used as a food to flavor salads and omelettes. It is very famous as a medicinal plant and its roots, used in infusion for internal use, are diuretic, purifying and digestive. They also promote the expulsion of intestinal gases, eliminate kidney and bladder stones, promote sweating and biliary secretion and finally reduce obesity that depends on fluid retention. Also for internal use, the fruits have expectorant and decongestant properties of the mouth, throat and eyes.

Finally, it should be remembered that to promote the elimination of catarrh are also useful inhalations of boiling water vapors in which the fruits have been thrown in pinches.

HOUSELEEK



Family: Crassulaceae.

It is a perennial herbaceous plant that can survive even in the worst conditions of climate and nutrition. Legend has it that, because of its resistance, the ancients held it dear to Jupiter and attributed to it the ability to keep out lightning and fires. Its fresh leaves have, for internal use, astringent and refreshing properties very useful in the treatment of diarrhea and irritation of the digestive system. For external use they are healing and anti-inflammatory and are indicated to soothe burns, small inflammations of the mouth, irritations due to insect bites and hemorrhoidal disorders. Finally, the pulp or juice of the leaves applied on corns and corns favors its exhalation.

MUSTARD



Family: Brassicaceous/Cruciferous.

White mustard is best known as a spicy condiment. However, its food use must be done with caution and occasionally because it can give irritation to the digestive system. The whole seeds of white mustard are an excellent laxative and should be taken in the size of a spoon in the morning on an empty stomach. But, if this administration does not give the desired effect, it is necessary to suspend the treatment and resort to the use of other

purgatives.

THYMUS SERPYLLUM



Family: Labiate

It is an aromatic plant, very similar to thyme, which grows in dry and sunny soils throughout Italy and the Islands. Its flowering tops have digestive, aromatic, purifying, coughing, anti-catarrhal, balsamic properties and, for internal use, are indicated in the treatment of asthma, catarrhal coughs, whooping coughs and bronchitis. For external use they have antiseptic properties that are very useful to cleanse small sores and wounds and to purify the oral cavity.

SOLOMON'S SEAL(POISONOUS)



Family: Liliacee

It is a perennial herbaceous plant that grows in the undergrowth of the mountain and submontane. In ancient times it was believed to be an aphrodisiac and magical plant, mediator between man and the infernal forces; today instead it is recognized therapeutic expectorant, soothing and anti-inflammatory properties. The infusion of its rhizome, for internal use, treats bronchial diseases but should be used in small doses because

otherwise it causes nausea and vomiting.

The pulp of the rhizome instead, for external use, favors the reabsorption of hematomas due to sprains and contusions, soothes erythema and burns and has an effective anti-inflammatory action on furuncles, abscesses and patches. The fruits of Solomon's seal are poisonous.

SORB/SERVICE-TREE



Family: Rosacee.

It is a tree that grows spontaneously in the mountain and submontane woods of the Europe. In summer it is filled with small red colored berries that have a pleasantly acidulous taste and are excellent for the preparation of jams. In addition, sorbs have intestinal astringent properties and, for internal use, are useful in case of enteritis and diarrhea.

For external use they are used to treat inflammatory conditions of the skin, mouth and throat.

STRAMONIUM(POISONOUS)



Family: Solanacee.

It is a plant native to the East that grows wild in the ruins and fields all over Spain. For centuries it has been feared or sought after for its "magical powers" that cause memory loss and psychic amazement. In the Middle

Ages it was called the devil's herb and was used in the composition of potions and filters that were consumed at witch gatherings.

The stramonium, for its antispasmodic and sedative properties of the nervous system, is a very important plant from the therapeutic point of view but if taken in the wrong doses causes a fatal poisoning. It must therefore be used under direct medical supervision and to treat anxiety, neuralgia, asthma, whooping cough and uterine spasms.

YAW-TREE



Family: Scrofulariaceae.

The bearded yew grows mainly in pastures, in uncultivated places, along country roads and is also called verbasco. Its flowers, rich in mucilage, have coughing and emollient properties and, for internal use, are used in the treatment of tracheitis, angina, acute and chronic bronchitis, asthma and intestinal and renal inflammation.

For external use instead, both leaves and flowers have anti-inflammatory and decongestant properties very useful to treat itching, hemorrhoids, furuncles, scaly dermatosis and all skin and mucous membrane irritations in general.

THYME



Family: Labiate.

Thyme, also known as the herb of motherhood, has a penetrating fragrance and enriches the aroma of many dishes. Its flowering tops have very useful antiseptic properties to disinfect the respiratory tree, fight fermentation and intestinal infections and normalize digestive processes. Moreover, always for internal use, they bring considerable benefits in cases of whooping cough, asthma and colds.

For external use they have a disinfecting effect on the skin and stimulate the circulation.

Finally, the sprigs of thyme, fresh or dried, kept in a muslin bag and added to the bath water give the skin a refreshing and fragrant effect.

TORMENTIL



Family: Rosacee.

It is a herbaceous plant that grows frequently in wet pastures and peaty places in northern France. It is one of the therapeutic plants richest in tannins, which exert on the human body an astringent activity very useful in enteritis, diarrhea and belly pain. For internal use its rhizome also has antibiotic and antihemorrhagic properties and is indicated in the treatment of tuberculosis, hemophilia and uterine bleeding. For external use it is a

good cicatrizant and anti-inflammatory and is used to treat irritations of the mucous membranes, skin and to cleanse wounds and sores.

CLVOER/TREFOIL/SHAMROCK



Family: Menyanthacee.

It is a herbaceous plant that grows spontaneously in damp places but is also grown to decorate ponds in gardens. Its leaves, containing vitamin C and iron salts, are highly vitaminizing and mineralizing. They also normalize digestive processes and cure appetite, stomach and abdominal pain and headaches. Finally, they are very useful in hepatitis insufficiencies because they contain substances that crush liver functions and purify the body.

BEARBERRY



Family: Ericacee.

It is a plant that grows in the stony places and pastures of the mountains. It has small leathery dark green leaves, pinkish-white bell-shaped flowers and red berries with a sour taste that bears are fond of. In phytotherapy the leaves have great value for their disinfectant properties of the urinary tract and, for internal use, are indicated in the treatment of cystitis, urethritis, nephritis, incontinence, urinary retention, pyelitis and leucorrhoea. They

also have astringent properties that are very useful in diarrhea and dysentery.

For external use, instead, the preparations of ursina grapes are excellent anti-inflammatories.

VALERIAN



Family: Valerianaceae.

It is a herbaceous plant that grows from the sea to the mountain region. It has been used for thousands of years as a medicinal herb thanks to the sedative properties of its roots which are useful in case of nervous disorders such as hysteria, states of anxiety and nervous excitement, convulsions, heart palpitations, insomnia, spastic abdominal pain and menopausal disorders.

It should also be remembered that valerian is a natural tranquilizer and that, unlike other drugs on the market, it has no side effects. For external use, however, its rhizome relieves muscle pain caused by sprains and neuralgia of various origins.

VERVAIN



Family: Verbenaceae.

It is a herbaceous plant that grows spontaneously along the streets, in fields and gardens throughout South America. In ancient times it was considered a

sacred plant and with it the poets and heroes were encircled. Its flowering tops have, for internal use, digestive and purifying properties of the liver and spleen. They also chase away fever, relieve rheumatic pains and neuralgia and increase milk secretion. For external use, they are indicated to purify and tone the mouth and throat and to treat contusions, sprains, sores and inflammations of the trigeminal fluid.

SOLIDAGO CANADENSIS



Family: Composite.

It is a perennial herbaceous plant that grows in the bushes, in the bushes and in uncultivated places up to the mountain regions. Its suggestive name comes from the golden yellow color of its flowers and the stem, which resembles a rod. Its flowering tops have, for internal use, diuretic, purifying and antitoxic properties that facilitate the elimination of kidney and bladder stones and uric acid. They also normalize intestinal and hepatic functions. For external use they have astringent decongestant and anti-inflammatory properties for the mouth and throat.

They also treat rashes and long lasting wounds and sores.

VERONICA



Family: Scrophulariaceae.

Veronica is a herbaceous plant with remarkable medicinal virtues. It has serrated, hairy leaves and light blue flowers veined with red and gathered in erect bunches. For its emollient and cough-relieving properties it is indicated, for internal use, in chronic bronchitis, coughs, asthma and colds. It also contains veronicin, a slightly bitter substance that stimulates the appetite, promotes digestion and has a purifying effect on the blood. For external use, instead, it is used as an anti-inflammatory and soothing agent in the treatment of mouth and throat irritations. With its dried flowers is prepared the excellent tea of veronica or Swiss tea, very useful in migraines and dizziness.

COLUTEA ARBORESCENS



Family: Papilionaceae.

It is an upright shrub, up to 4 meters tall, with yellow flowers and legume fruits, swollen like blisters, which when ripe open releasing numerous seeds. The pods and leaves are the most used medicinal parts of this plant: in fact they contain coluteic acid, a substance with purgative and cholagogue properties. The bladder preparations are therefore indicated in all cases of constipation and intestinal laziness.

PANSY



Family: Violaceae.

It is a plant that grows wild in European meadows and in many parts of the world. It has mainly purifying properties of the skin and, both for internal and external use, is indicated in the treatment of skin diseases such as eczema, acne, psoriasis, scaly dermatosis and urticaria. The violet of thought, are also attributed diuretic properties, very useful in rheumatism and gout, and slightly laxative.

SMELLING VIOLET



Family: Violaceae.

It is a very common little plant in the bushes and under hedges. It blooms spontaneously in spring and is used by perfumers who extract a pleasant essence. Its flowers have, for internal use, emollient and expectorant properties very useful in the treatment of coughs, asthma and airway disorders. They are also diuretics and facilitate the emission of sweat. For external use they are applied, by means of poultices and infusions, on rashes, rashes, burns and contusions. Finally, the roots of violet have the ability to cause vomiting, while the juice of the leaves has a purgative effect.

MISTLETOE



Family: Lorantacee.

It is a woody, semi-parasitic plant, which emits its roots in the bark of other trees such as apple trees, poplars, firs, pines. Its leaves are persistent, oblong, green flowers and white berries, round and showy. It grows in the mountainous and continental area of Portugal and during the Christmas period it enters all the houses because, according to tradition, it drives out demons and brings happiness and fortune. Its leaves, for internal use, are hypotensive, antispasmodic, diuretic and fight arteriosclerosis, hypertension, nervous crises, epilepsy, migraine, asthma, whooping cough, chronic nephritis and menopausal disorders.

For external use they treat white leaks, neuritis and sciatica.

VINE



Family: Viotacee.

The vine is one of the most known and appreciated plants by man. It is cultivated in all temperate countries, and its fruit, the grape, is thirst quenching, refreshing and contains sugars and vitamins. From the grapes are obtained wines that, when taken in small quantities, are stimulating, invigorating, tonic and diuretic. Wine vinegar is also an excellent flavoring and its intense smell stimulates the nervous centers and promotes the

recovery of the senses in those who have lost consciousness. The leaves of the vine, for internal use, are indicated in the treatment of circulatory disorders, menopause, hemorrhoids, varices, couperose and fluid retention. For external use they are useful in the treatment of chilblains and dilated superficial vessels.

SMELWOUNDWORTLING VIOLET



Family: Fabacee.

It is an annual herbaceous plant that grows spontaneously in dry and sunny places, from the sea to the alpine region. Its leaves have vulnerable properties (i.e. they promote the healing of wounds), astringent and, for external use, are indicated in the treatment of contusions, sprains, burns, erythema, sores, wounds and all forms of mild skin irritation.

The flowers are instead purifying, laxative, diuretic and, for internal use, treat general intoxication, constipation and colds.

SAFFRON



Family: Iridacee.

It is a perennial herbaceous plant native to the Mediterranean and cultivated mainly in Abruzzo. From its dry and pulverized stigmas you get the famous yellow powder, used in cooking and endowed with exciting properties. In

fact, the best known use of this aromatic plant is the gastronomic one which culminates in the classic risotto and fish soup. Recent studies have recognized saffron emmenagogue properties very useful to regulate the menstrual cycle and to alleviate painful symptoms.

GINGER



Family: Zingiberaceae.

It is a plant native to tropical Asia and is very popular as a spice. In fact, due to its warm and pungent aroma, it enters the preparation of liqueurs, beers, soft drinks, curries, sauces and sweets.

From a therapeutic point of view, ginger is known above all for its digestive and carminative properties, which are capable of eliminating over-developed gases from the intestine. For external use it has a moderate revulsive action and is part of many anti-rheumatic preparations.

PUMPKIN



Family: Cucurbitaceae.

It is a plant native to Latin America and is cultivated in food and ornamental varieties. It is widely used in cooking to give flavor to soups and to prepare excellent mustards and jams. The pulp of its fruit, for internal use, has laxative and diuretic properties; for external use it is used

to prepare beauty masks that nourish and soften the skin. But the main therapeutic prerogative of the pumpkin is the vermifuge, especially against the tapeworm or tapeworm. Its seeds contain an amino acid, the cucurbit, which paralyzes the worm and causes it to detach from the intestinal wall.

SECOND PART

DISEASES AND PRESCRIPTIONS

Skin Diseases

ACNE

It is a disease that originates in the sebaceous glands that abound on the skin of the face and in the area between the two shoulder blades. These secrete an excessive amount of sebum that does not find an outlet through the pores, it accumulates forming blackheads and pustules containing pus. Acne is treated with sulphur ointments, hepatoprotective medicines and food diets free of fat, sugar and irritating substances such as coffee, alcohol and chocolate. Good results also give good results for plants with purifying properties such as burdock, nettle, lemon, violet, weed, etc..

Decoction of nettle:

Boil 40 grams of nettles in a liter of water for 10 minutes. Filter and drink three cups a day for several weeks.

Decoction of purple of thought:

Boil for 5 minutes 50 grams of wild thinking violet flowers in a quarter liter of water. Cool and spray this water on your face with a vaporizer every two days.

Decoction of weed:

Pour 2 teaspoons of cut weed root into a cup of cold water. Boil for 1 minute and let it rest for 15 minutes. Drink one cup in the morning and one in the evening for several weeks.

FURUNCLE

Furuncles are localized inflammations of the skin, which give rise to small inflammatory swellings due to microbial pathogens. Their primitive sites are the hair follicles. The onset of many furuncles in a given region or throughout the body is called furunculosis. The treatment of the simple furuncle consists in promoting its maturation through hot applications or the administration of purifying herbal teas or antibiotics in general.

Here then is the recipe for a purifying herbal tea:

Boil 40-60 gr. of burdock roots in one liter of water for ten minutes and

drink three cups a day. After the acute phase, drink one cup a day for at least one month.

ECZEMA

It is a skin disease, characterized by itching and the formation of blisters, pustules and scabs. The cure consists in following a dietary milk-vegetarian treatment, in regularizing the gastrointestinal functions as much as possible and treating the possible consistency of diabetes, lymph, gout, arthritis. The purifying herbal teas and local compresses also give excellent results.

Pansy - Infusion:

Pour a cup of boiling water on two teaspoons of chopped dried grass. Leave to rest 5-10 minutes. Take one cup in the morning and evening for several weeks.

Walnut - Tablets:

Boil for one minute 2 tablespoons of leaves in half a liter of water and leave to rest for 20 minutes. Make wet tablets with the cooled liquid and apply them for 1-2 hours, 3 times a day.

CHIBLAIN

They are skin alterations that develop at the extremities of the limbs and are due to the action of cold. They generally affect individuals with poor circulation or altered organic turnover. They manifest themselves with initial itching, followed by redness and edema. The skin cracks, letting out a serous liquid that gives rise to a small yellowish crust. In order to prevent chilblains, sea and sea sand baths, iodine, iron, phosphorus, vitamins and local applications of "yew-barrel oil" are helpful.

Preparation:

Soak 40 gr. of bearded yew leaves over moderate heat in 40 gr. of olive oil and cook until the water vapor disappears. Filter and store in a well closed container. Apply it with light friction every evening.

HERPES

It is a skin condition caused by a virus and generally concomitant with a fever attack. It manifests itself with small whitish vesicles around the lips, which when opened first let out a serosity that clumps into a yellowish crust. This can leave a blood crust. Healing occurs within a fortnight. Of course it is necessary to intervene at the first appearance of this eruption to

avoid the formation of new patches.

Very effective is this preparation of walnut leaves to be used in tablets:

Let macerate, for at least one hour, 60 gr. of leaves in one liter of cold water. Bring to the boil for 2 minutes and leave to infuse for another 15 minutes apply it in tablets on the affected part.

FEVER DISEASES

FEVER

Fever is an elevation of the normal temperature of an organism, caused by different causes. It is usually not to be fought because it is an act of defense of the organism, unless the temperature reaches very high degrees, harmful to the patient on the other hand. There are plants that are very active to drop the temperature, which, unlike antipyretic drugs, do not tire the body and promote natural healing.

Here are now the remedies you need to know:

Willow Decoction

Boil 1 teaspoon of dry bark in a cup of water for 1 minute. Leave to rest for 15 minutes and drink one cup twice a day.

Meadowsweet Queen Infusion

Pour a cup of almost boiling water on 2 teaspoons of chopped flowers.

Allow to rest 5-10 minutes, drink a cup twice a day.

FLU

Influenza is an acute infectious disease, highly contagious especially by air. The most common symptoms are: chills, fever, headache, inflammation of the respiratory tract, a grumpy cough, lack of appetite and widespread pain in the trunk and limbs. Mixtures of plants are an excellent remedy for the treatment of all influences as they allow a gradual resolution of symptoms.

Here is a mixture that we recommend you to take: with Cinnamon, Cloves and Santoreggia. Prepare this mixture in equal parts. Put a teaspoon in a cup of boiling water. Let it infuse ten minutes and drink a cup 3 times a day.

RHINITIS

It is an inflammation of the nasal mucous membranes. The common cold has the following symptoms: itchy nose, sneezing, emission of citrine fluid which then becomes serum-mucosal, pain in the frontal region. In general, after a week the alteration ends. When the cold attacks, after a hot bath, it is useful to drink 2 cups of elderflower infusion or 2 glasses of diluted elderberry juice very hot, in small sips.

Infused:

Pour a cup of boiling water over 2 teaspoons of fresh or dried flowers and

leave to rest for 10 minutes. Drink a hot cup 2 times a day.

Juice:

Boil the fresh fruits in water for 2-3 min., then squeeze the juice and bring it to the boil with honey (1 part every 10 of juice). Drink a glass diluted in hot water 2 times a day.

BREATHING DISEASES

BRONCHIAL ASTHMA

It is an allergic disease of the respiratory system, characterized by severe respiratory difficulty due to contraction of bronchioles and clogging of the same due to mucous hypersecretion. The plants recommended for the treatment of this disease must be sedative of the bronchi and nervous system because asthmatics are often anxious.

So take 60 gr. of eucalyptus leaves, 45 of juniper, 30 of sage, 15 of valerian, 45 of mullein flowers, 30 of hyssop and 30 of marrubio. Mix everything and pour 2 teaspoons of this mixture into a cup of boiling water. Let it rest for 20 minutes and drink this lukewarm mixture twice a day.

You can also prepare an infusion of serpillus as it is also an effective airway sedative.

Pour 2 gr. of flowery snake tops in 100 ml. of water. Drink regularly three cups a day sweetened with honey.

ACUTE BRONCHITIS

It is a form of inflammation of the mucous membrane of the bronchi. Bronchitis can be divided into acute and chronic. The former are short-lived, usually occur due to a cold and manifest themselves with coughing and infection symptoms such as fever.

Acute bronchitis can be treated with eucalyptus syrup:

Pour 10 gr. of eucalyptus leaves, 20 gr. of flowers and mallow leaves, 10 gr. of spring flowers and 10 gr. of sage leaves in one liter of water. Boil for a minute and let the mixture rest for two or three days. Filter everything and add 1 Kg. of brown sugar.

Drink 3 tablespoons a day.

An excellent remedy is also the infusion of violet of thought:

Pour a cup of boiling water over 2 teaspoons of leaves and fresh or dried flowers. Leave to rest for 10 minutes and sweeten with honey. Drink two hot cups per day.

Chronic bronchitis, on the other hand, are caused by chronic pulmonary or circulatory diseases. They can arise as a consequence of repeated attacks of acute bronchitis or because of the work done: inhalation of dust (millers, turners) or sharp changes in temperature (bakers, stokers). Stubborn

smokers also suffer from this disease, but the most serious forms are those resulting from cardiovascular diseases such as enlarged heart, nephritis, emphysema and pulmonary tuberculosis.

For the treatment we recommend a controlled hygienic regime, stay in marine environments and antibiotics for aerosol, but also plants have a valuable role for their purifying and draining bronchi.

Decoction:

Mix in equal parts primrose root, butterfly flowers and aniseed seeds. Pour two teaspoons of this mixture into a cup of cold water and bring to a boil. Let it rest for 15-20 minutes and drink a hot cup sweetened with honey 3 times a day.

PULMONARY EMPHYSEMA

It is a disease that occurs as a result of chronic bronchitis, whooping cough, pleurisy, asthma, mechanical strain (wind instrument players, glass blowers). In the mildest forms it manifests itself with occasional breathing difficulties while in the most severe forms this difficulty is continuous and accompanied by cardiac arrhythmia. It is necessary to avoid any physical effort, the use of tobacco, staying in cold and humid places, it is also useful to practice moderate respiratory gymnastics and consume light meals.

You can still benefit from the plants by drinking the infusion we recommend:
Pour one liter of boiling water on 10 gr. of dried poppy flowers. Keep in infusion for 5 minutes and drink three cups a day.

PERTOSE

It is an infectious, acute and contagious disease localized to the first respiratory tract and characterized by spasmodic cough and emission of slimy mucus. Whooping cough is widespread in winter and spring, and is most common in children between 2 and 5 years of age. The convulsive period lasts from 3 to 6 weeks and it is advisable to take the patient outdoors because the dry air in closed rooms facilitates the onset of the cough. Herbal cures include thyme and chestnut infusions and violet flower syrup.

Thyme infusion:

Pour a cup of boiling water on two teaspoons of leaves and let it rest indoors for 10 min., drink 3 hot cups per day.

Chestnut infusion:

Pour a cup of boiling water on two teaspoons of dried leaves and let it rest for 15 min., drink a hot cup, 3 times a day.

Violet syrup:

This syrup, besides being very effective, children like it for its good taste: pour 1 liter of boiling water over 150 gr. of fresh violet petals. Cover, let macerate for 12 hours and filter, taking care to squeeze all the juice. Add to the liquid a quantity of honey equal to double its weight and let it thicken in a bain-marie. Store in a tightly closed container and add up to a maximum of 6 teaspoons per day.

COLD

It is an inflammation of the nasal mucous membranes and presents with the following symptoms: itchy nose, sneezing, emission of citrine fluid which then becomes serum-mucosal, pain in the frontal region. Generally within a week the alteration ends, unless it is a symptomatic form of another general disease. But there are very simple natural remedies to solve colds without the need for medication.

Here are some of them:

Elderflower infusion:

Pour a cup of boiling water over 2 teaspoons of fresh or dried flowers. Let it rest for ten minutes and drink a hot cup 2 times a day.

Decoction of dog rose:

Put 2 teaspoons of chopped dried fruit in 1/2 liter of cold water. Boil for 10 minutes and drink two cups a day.

Meadow queen infusion (also helps to reduce fever):

Pour a cup of boiling water on two teaspoons of this plant's flowers. Let it rest for 10 minutes and drink the infusion obtained 2 times a day.

COUGH

It is a violent inspiration that has the function of expelling foreign bodies or substances that have formed in the airways. It is common to distinguish dry cough from wet cough; in the former the secretion is missing or scarce, in the latter it is fluid and is expelled. The dry cough is usually a nervous cough that is not due to causes that reside in the respiratory tree but only to a nervous fact. So to treat it is necessary to take some soothing herbal teas based on poppy or a wild marshmallow syrup.

Here are the doses for the preparation:

gr. 5 of poppy flowers - gr. 15 of serpillus.

Put everything in 100 gr. of boiling water and let it infuse for ten minutes. Sweeten with honey and take two tablespoons of it every hour.

A mixed infusion is instead what is needed to mitigate wet coughs:

gr. 20 of butterfly flowers

gr. 15 of primrose flowers with the calice gr. 15 of flowers and mauve leaves

gr. 15 of plantain leaves gr. 15 of licorice

gr. 10 of mullein

gr. 10 of carcadè (to give the recipe a more pleasant taste).

Pour a cup of boiling water over a spoonful of this herbal mixture and let it rest for 8 hours at room temperature. Heat, filter and sweeten the infusion with honey. Drink one cup twice a day.

TUBERCULOSIS

It is a disease caused by a specific microorganism, the koch bacillus. This disease requires very serious medical treatment and we recommend the use of plants only as a compliment of medical treatment. The most suitable plant is the asperella which has a remineralizing action and allows the consolidation of lung tissue.

It is important to drink at least one cup of asperella infusion daily to see its beneficial effects. Asperella (or horsetail or horsetail)

Soak gr. 40 of asperella in one liter of water for at least three hours. Then gently boil the liquid for 25 min., leave in infusion for another 10 minutes and drink three cups a day.

DISEASES OF THE BONES AND JOINTS

URIC ACID

Excess uric acid in the blood causes joint pain and arterial degeneration. It is treated with a diet based on onion and all herbs with purifying and diuretic properties.

An excellent remedy is to drink two glasses a day of a drink obtained by letting macerate 30 grams of raw onion in a liter of white wine for a few days. Equally effective is the decoction of elderberry prepared by boiling 75 gr. of rind in a liter of water for 20 minutes.

ARTHROSIS

It is a widespread disease and consists of degeneration of bones and cartilage. This results in pain, stiffness, deformities and swelling. It is necessary to rest, avoid the cold, do not overdo the diet, reduce tobacco and coffee and limit the use of alcohol.

In addition, plants such as blackcurrant, which, in addition to being very rich in vitamin C, stimulates the body to produce a natural cortisone that performs a very effective anti-inflammatory activity:

Put 50 gr. of blackcurrant leaves in one liter of cold water and let it macerate overnight. Then bring to a boil and leave to infuse for ten minutes.

Filter and drink three cups a day.

GOUT

Gout is a disease caused by an excess of uric acid in the blood. It is predicted with local pain in the joints, especially in the toes, accompanied by often high fever. Afterwards, the most affected joints become stiff and deformed. The tendency to gout is transmitted from father to son and is exacerbated by eating disorders, excessive eating and a sedentary lifestyle. For the purpose of treatment, it is therefore necessary to follow a vegetarian diet and do a lot of exercise in the open air. In addition, spinach, tea, coffee, cold cuts, mushrooms, mushrooms, cocoa and fish should be abolished because they contain certain substances that transform into uric

acid in the organic metabolism.

The gouty should finally drink plenty of water and lemon, iodine mineral water and anti gouty herbal teas such as the following:

A) In two liters of water boil for 30 minutes 200 gr. of ash leaves, 150 gr. of elder peel and 20 gr. of soap root. Filter and drink in a dose of three cups per day.

B) Boil for 2 minutes gr. 40 of birch leaves in one liter of water. Remove from the heat, let it cool and add a grip of bicarbonate of soda. Keep in infusion for a few hours and drink four cups a day between meals.

RICKETS

It is a disease characterized by insufficient bone development and calcification due to calcium, phosphorus and vitamin D deficiencies. Very useful are therefore the diets based on orange, lemon and tomato which are rich in vitamin and promote the assimilation of minerals thus preventing the onset of rickets.

Finally, the horsetail or horsetail preparations are effective, recommended also for elderly people with bone decalcification:

Macerate gr. 50 of asperella (or mare tail) in one liter of cold water for four hours. Then boil over low heat for 30 minutes and let it rest in infusion for another 10. Filter and drink three cups per day.

ACUTE JOINT RHEUMATISM

This disease often begins with febrile episodes in the first airways, and after an interval of several days of apparent healing, joint pain begins, located in the parts most exposed to cold, which can lead to complications in the lungs, kidneys and heart. The treatment is essentially medical but for the rheumatism patient it will be good to stay as much as possible in hot places and especially away from humidity. The diet will be based on eggs, broths, milk, mineral waters and herbal teas with anti- rheumatic virtues such as meadow queen and juniper.

1) *Infusion:*

Pour one liter of hot water on 50 grams of flowery meadow queen tops. Leave to infuse for ten minutes and drink three cups a day.

2) *Infusion:*

Pour a cup of boiling water on a teaspoon of lightly crushed juniper berries.

Leave to rest indoors for 20 minutes and drink one cup in the morning and one in the evening.

MOUTH AND TEETH DISEASES

AFTE

These are lesions that affect the mucous membrane in the form of small round, white or yellowish patches. They are usually caused by indigestion, dysfunction of the stomach, liver and intestine. The disease lasts about 15 days, however, there are organisms that have a hereditary predisposition to this kind of manifestation. The blueberry tincture, to be used for brushing the oral cavity, is an excellent remedy for the treatment of mouth ulcers.

Dyeing:

gr. 100 of dried blueberry berries; gr. 500 of brandy.

Crush the berries and let them macerate in the brandy for 15 days, stirring occasionally. Filter and use this dye in local applications with a stick wrapped in absorbent cotton.

Useful are also the gargles made with a mixture of gr. 300 of distilled water, gr. 140 of alcohol at 90 degrees, gr. 20 of eucalyptus dye and gr. 2 of menthol.

DENTAL CARIES

It is a widespread disease that affects mankind at all ages, even in the early years of life. In order to prevent caries, it is first of all necessary to observe proper oral hygiene, which consists of brushing teeth 3 times a day and ingesting a small amount of sweets. In addition, at the first suspicion of caries, you should run to the dentist without any hesitation.

Usually caries is accompanied by acute toothache, in this case you can try to relieve the pain with a decoction of cloves that has an anesthetizing effect, pending medical treatment.

Decoction:

Boil 5 cloves in a cup of water for 10 minutes.

Let it cool and use it to rinse your mouth. You can also apply the carnation directly to the sore tooth and keep it crushed for as long as possible. To prevent caries, it is also advisable to chew fresh sage leaves from time to time.

GINGIVITIS

Inflammation of the gums is caused by infectious diseases, intoxication or

poor oral hygiene. It manifests itself with redness, swelling and small bleedings and can be treated with herbs that have the property of strengthening the gums such as tormentil.

Decoction:

gr. 50 of crushed tormentil rhizome; one liter of cold water. Soak the rhizome of tormentil in cold water for 15-20 minutes.

Heat over low heat and boil for 5-10 minutes. Leave to infuse for 10 more minutes and use this decoction to rinse your mouth morning and evening. A good soothing treatment that gives relief to the gums is instead obtained by boiling in a liter of water for 10 minutes gr. 100 of rose leaves. Use this decoction to make frequent mouth rinses.

AFFECTIONS OF THE THROAT AND NOSE

ANGINA

It is an inflammatory process located in the bottom of the throat and manifests itself with fever, swallowing pain and headache. It can be cured with lemon juice gargles and an excellent herbal tea prepared in this way:

One liter of water gr. 50 of mauve flowers gr. 30 of sage leaves

Boil the mauve flowers and sage leaves in a liter of water for 15 minutes, leave to rest for another 5 minutes and pour. Sweeten with a teaspoon of honey and drink a hot cup in the morning and one in the evening. If the fever is very high you should take a Queen of the Meadows herbal tea: put two teaspoons of flowers in a cup of boiling water. Leave to infuse for 10 minutes and drink one cup several times a day.

SINUSITIS

It is the inflammation of the nasal septa and very often occurs as a result of common acute colds. It can also be caused by general infections such as influenza, typhus and pneumonia. It manifests itself with pain in the forehead, head and, in the most severe forms, with fever and abundant purulent secretion from the nose.

It is treated with antibiotics and suffumigias performed with chamomile, eucalyptus, and pine:

gr. 50 of chamomile: in a bowl pour a liter of boiling water and chamomile flowers. Cover your head with a towel and aspirate with your nose the vapors that develop.

gr. 60 of eucalyptus: infuse the flowers and leaves of eucalyptus in one liter of boiling water. Place yourself above the steaming container with a blanket on your head and inhale these beneficial vapors. gr. 50 of pine: let the pine shoots macerate in one liter of cold water for 1 hour. Then heat over low heat and boil for a few minutes. Inhale the vapors always with the head covered so that they do not disperse.

TABAGISM

It is a tobacco poisoning caused by too much smoking. The symptoms are:

nausea, vomiting, diarrhea, dizziness, cold sweat and tachycardia. The therapy benefits from discontinuation of tobacco use, detoxifying treatments and, as a complement, purifying plants such as hawthorn, oak bark and watercress juice.

Finally, when the desire for tobacco is felt, take a teaspoon of this syrup: gr.

20 of watercressgr.

20 of chimneygr.

15 of erysimusgr.

5 of thyme

Pour it all into a liter of boiling water and leave it to infuse for four hours.

Filter and add 500 gr. of sugar.

OCULAR AFFECTIONS

Many are the diseases of this organ and for most of them you have to resort to the doctor's care. However, there are many herbs that have the property of strengthening vision and treating eye inflammation. Carrot and rue, for example, make eyesight clearer, while chamomile, applied externally in compresses, relieves eye fatigue.

In cases of conjunctivitis this mixture of plants is very effective:

gr. 10 of cornflower flowers gr. 10 of melilot flowers

gr. 10 of plantain leaves

Pour these plants in 250 gr. of boiling water and leave to infuse for 15 minutes. Filter and use the infusion obtained to make eye washes and compresses several times a day.

If you are affected by barley do instead of local tepid baths of this infusion:

gr. 10 of chamomile

gr. 10 of basil gr. 10 of thyme

Pour a cup of boiling water over this herbal mixture and let it steep for 10 minutes. Filter and wrap morning and evening. You should also be aware that the styees are generally the result of a cold spell but sometimes indicate a general state of fatigue. In the latter case it will be very useful to drink every evening for 2 weeks a herbal tea of blackcurrant leaves which, being very rich in vitamin C, increases the body's natural defenses:

put 40 currant leaves in a liter of water and let them macerate cold for an hour. Heat over low heat until boiling and leave to infuse for 10 minutes.

MENSTRUAL DISORDERS

MENSES

The menstrual cycle is an almost exclusive feature of the human race, and is related to the function of the ovaries. The menstrual flow lasts from two to eight days (average 4-5 days); however, if it exceeds eight days it is necessary to determine whether there is a clotting disorder or small uterine tumors. Often menstruation is accompanied by abdominal pain, headache and general malaise; other times it is insufficient or appears with considerable delay, causing heaviness in the legs and swelling in the lower abdomen. In all these cases, herbs help regulate menstrual flow and relieve pain and spasms.

Shepherd's bag decoction (for abundant menstruation):

In a cup of cold water put two teaspoons of dried plant. Boil for 1 minute and let it rest for another 15 minutes. Drink one cup three times a day.

Yarrow infusion (for painful menstruation):

Pour a cup of boiling water over two teaspoons of flowers. Let it rest indoors for 10 minutes and drink a cup twice a day.

Sage infusion (for insufficient or delayed menstruation):

Poured a cup of boiling water over 10 gr. of flowery tops. Leave to infuse for 5 minutes and drink three cups per day.

MENOPAUSE

It is the definitive cessation of menstruation and marks the exhaustion of the woman's fertility. One of the most common symptoms that accompany it is the appearance of hot flashes on the face that alternate with feelings of cold and nausea. Common are also palpitations, headache, sudden changes in mood and excesses of melancholy, all of this series of ailments most of the time does not need treatment because it tends to wear off as the body gets used to this change. However, plants provide valuable help in this very delicate phase of every woman's life.

Decoction of hypericum:

Put two teaspoons of fresh or dried flowers in a cup of cold water and bring to a boil. Let it rest for 15 minutes and drink one cup in the morning and one in the evening for a few months.

Cardiac infusion:

Pour a cup of boiling water over a teaspoon of grass. Let it rest for 10 minutes and drink one cup in the morning and one in the evening for a few months.

NERVOUS DISORDERS

HEADACHE

It is the medical term for headache, which is widespread throughout the world. There are many causes, for example, headaches due to physical exhaustion, anemia, smoking poisoning, indigestion and, of course, nervousness. Very important in these cases is to regularize the diet, relax as much as possible and use the therapeutic virtues of these plants:

Valerian infusion:

pour a cup of cold water on two teaspoons of chopped root. Let it rest for 8 hours and drink a cup in the evening when necessary.

Lavender infusion:

pour a cup of boiling water on a teaspoon of flowers. Leave to rest indoors for 10-15 minutes. Drink one cup in the morning and one in the evening regularly for two to three weeks.

Very suitable for headaches of nervous origin is the infusion of Melissa which is prepared by pouring a cup of boiling water on two teaspoons of fresh or dried leaves leaving it to rest for 10 minutes. Drink a hot cup sweetened with honey twice a day.

NERVOUS BREAKDOWN

Nervous exhaustion is a serious state of weakness and fatigue. The main disorder of exhaustion is maladjustment, dissatisfaction and mental suffering. To overcome this crisis it is necessary that he changes his environment and habits, abolishes fatigue, especially intellectuals, and adopts sedative and invigorating drugs. Effective results are also obtained by completing this treatment with medicinal herbs such as ginseng or lavender or aromatic calamus baths.

Ginseng powder:

Mix a pinch of powdered root in a few teaspoons of water. Take 2-3 times a day. *Lavender bath:*

pour a liter of boiling water over 2 handfuls of flowers. Let it rest 20-30 minutes pour the liquid and add it to the bath water. Immerse for 10-15 minutes. This bath has a stimulating effect so you should avoid doing it in the evening.

INSOMNIA

Sleep represents an essential need of the body fatigued by daily occupations, both physical and mental. The lack of it therefore becomes an abnormal phenomenon and a serious treatment to rebalance the nervous system under the guidance of a competent doctor is necessary.

Sometimes, however, we suffer from insomnia only because of moral concerns, excessive physical and intellectual fatigue, overexcitation due to great joy or great pain, ingestion of convulsive substances (coffee, tea, alcohol). In these cases the plants are able to overcome the occasional insomnia rebel without having to resort to chemical sleeping pills.

And here are the remedies you need:

Hop infusion:

pour a cup of boiling water on a spoonful of hop inflorescences. Leave to rest 10-15 minutes. Drink one cup in the evening.

Mixture of several active herbs:

gr. 20 of common poppy (flowers); gr. 20 of ballota (top); gr. 20 of hawthorn (flowers); gr. 20 of asperula odorosa; gr. 20 of passiflora; gr. 20 of linden (flowers).

Mix well, chopping leaves and stems, and put a soup spoon into a cup of boiling water. Leave to infuse for 10 minutes and sweeten with honey. Drink two or three cups a day of this herbal tea every other week until normal sleep returns.

NERVOUSNESS

Technical progress has made life dynamic, whirling and excited and has helped to make a bit of nervousness touch more or less everyone over the course of the day.

Instead of losing your temper it would be better to drink some herbal tea that relaxes and relaxes the nerves without causing toxic side effects. Here are some tips:

Asperula infusion:

put a teaspoon of asperula in a cup of boiling water and leave to infuse for 5 minutes and take one cup in the morning and one in the evening.

Bitter orange infusion:

pour a cup of boiling water over 1-2 teaspoons of flowers, leaves or grated peel. Leave to rest, covered, for 10-15 minutes. Drink a cup in the morning

and evening.

DISORDERS OF THE HEART AND ARTERIES

HYPERTENSION

Hypertension is an increase in blood pressure values compared to the normal average values of subjects of the same age and sex. There are hypertensions of cardiac or renal origin and hypertensions in which no cause can be identified and which are called essential arterial hypertension. In all these cases some dietary restrictions must be adopted, including the abolition of salt. Notes are the properties of hawthorn against hypertension. It is used in infusion:

Put a pinch of fresh or dried flowers in a cup and pour over a liter of boiling water and let it macerate for 20 minutes. Filter through a cloth and sweeten. Drink it warm during the day.

Mistletoe infusion is also very effective in treating high blood pressure and should be prepared in the following way:

Pour a cup of cold water on two teaspoons of fresh or dried chopped plant and let it rest for 8 hours. Drink one cup in the evening for a few months.

Finally, boiling three cloves of fresh garlic in a quarter of a liter of water will produce a pleasant drink very useful in case of hypertension associated with cholesterol.

HYPOTENSION

Hypotension is a lowering of blood pressure below the physiological average and manifests itself with dizziness, buzzing and glare when you abruptly change position.

Vitamin C, adrenal hormones and herbal infusions with invigorating virtues such as gentian and rosemary are useful in such cases.

Gentian bitter:

Let macerate for 24 hours in gr. 60 of alcohol at 60 degrees, gr. 50 of dried gentian root, gr. 25 of bitter orange bark and gr. 10 of aromatic calamus. Then add a liter of red wine and let macerate for another 10 days. Filter and take a small glass before meals.

Rosemary infusion:

Pour a cup of boiling water on a teaspoon of fresh or dried leaves and let it

rest for 10 minutes. Drink this infusion twice a day.

CHEST ANGINA

It is a disease whose main symptom is chest pain so distressing that it gives the patient a painful impression of crushing.

This pain usually arises after an effort and affects the same, the left shoulder and the last two fingers of the hand.

Usually the course of this disease is never very serious but sometimes it can lead to complications and give rise to heart attacks or heart failure. To prevent the attack it is necessary to rest, reduce diet, abolish tobacco and moderate use of coffee and alcohol.

Very effective are the herbal teas of plants with antispasmodic and vasodilator action such as hawthorn and sage.

Hawthorn infusion:

Boil for a minute a spoonful of fresh or dried hawthorn flowers in a cup of water. Drink this infusion three times a day.

Sage infusion:

Pour a spoonful of sage leaves into a cup of boiling water. Leave to infuse for a few minutes and drink three cups a day.

ARTERIOSCLEROSIS

Arteriosclerosis is a disease that usually affects individuals after the age of 60, but it is not uncommon for people to suffer from the age of 50 or even 40. The severity is obviously greater when the age is relatively young. It occurs with lesions of the arteries and consequent decrease in memory and willingness to work, depressed mood, accentuated selfishness and jealousy.

Many times arteriosclerosis also affects various organs such as the arteries of the heart, kidneys, limbs resulting in chest angina, nephritis and cancerous trophic lesions. This disease must be fought above all with a dietary diet that eliminates alcohol and tobacco and replaces all animal fats with vegetable fats. It is also necessary to eliminate excess work, get enough sleep and exercise in the open air.

One of the most famous foods against arteriosclerosis is garlic, which gives really good results:

Take 20 gr. of garlic cloves, clean them, mince them and let them macerate in 200 gr. of alcohol for about twenty days. Filter and drink 20 drops in the morning, fasting, in a glass of water. Prolong this treatment for one month.

A mistletoe treatment is also useful:

Take 40 grams of leaves and twigs and let them macerate in a liter of white wine for ten days. Filter and drink gr. 100 per day between meals.

Also eat a lot of onion, parsley, garlic, lemon and tomato because they have the property of elasticizing the arteries.

DISORDERS OF THE DIGESTIVE SYSTEM

STOMACH ACIDITY

This disturbance is due to an excessive formation of hydrochloric acid in the stomach which consequently produces burns during digestion.

Usually it is relieved by taking sodium bicarbonate which has the advantage of a rapid action but, after a transient relief, stimulates the mucosa to increase the secretion of acid for which a new phase of burning and pain occurs. Of great utility instead are the medicinal herbs such as lemon balm, aniseed, parsley, chamomile, juniper.

Lemon balm infusion:

Pour a cup of boiling water on a coffee spoon of lemon balm leaves and leave to infuse for 5 minutes. Slowly drink a hot cup after each meal.

An excellent remedy against stomach acidity and also to take after every meal a pinch of parsley seeds with a little water.

AEROPHAGIA

It is a disturbance characterized by noisy eruption of air contained in the stomach.

There is an aerophagy due to air ingested by eating, which can increase in case of copious meals. More rarely, however, it is due to a stomach injury (gastritis or ulcer).

The recommended herbal tea for those who suffer from aerophagy is the following: Aniseed;

Mint; Lime tree;

Dandelion (in equal parts).

Pour a cup of boiling water over a spoonful of this mixture. Leave to infuse for 10 minutes and drink a cup after each meal.

This herbal tea not only expels air from the digestive tract and promotes digestion, but also has a beneficial effect on the liver.

COLITIS

It is the inflammation of a tract of the large intestine, the colon; it causes very acute intestinal pain and alternation of constipation and diarrhea.

Very often it is caused by bacterial infections and in this case disinfectant infusions of the intestine are useful:

Boil for 5 minutes gr. 30 of blueberries in one liter of water. Leave to infuse for 10 minutes and drink three cups per day.

Another effective method of treatment is the infusion of rosemary: boil 30 grams of leaves in a liter of water for two minutes.

Let it cool and drink three cups a day.

DIARRHEA

It is an alteration of intestinal activity characterized by the emission of liquid or semi-liquid faeces in one or more daily evacuations. Diarrhea can be caused by indigestion due to excess food, damaged food, intestinal infections. Very important in all these cases is to follow a diet based on apples, rice and yogurt and finally drink disinfectant, healing and astringent infusions.

Blueberry decoction:

Pour half a liter of water on 3 tablespoons of dried blueberries. Boil for 10 minutes and drink 3 glasses a day.

Decoction of tormentilla (or potentilla):

Boil for 10 minutes two teaspoons of tormentil root in a cup of water. Leave to infuse for another 10 minutes and drink 3 cups per day.

Decoction of bramble:

Boil 100 gr. of bramble leaves in a liter of water and leave to infuse for 5 minutes. Drink four cups per day.

Blackcurrant juice:

Squeeze in fresh berry juice and drink 3 glasses a day without sugar.

DYSPEPSIA

It is a disorder that makes digestion slow and painful. It is usually caused by poor chewing of food or difficulty in digesting certain substances (proteins, carbohydrates). In all these cases you have to drink a mixed infusion of lemon balm and mint which not only facilitates digestion but also relieves stomach cramps:

Pour a cup of boiling water on a teaspoon of lemon balm leaves and a teaspoon of mint leaves. Let it rest indoors for 15 minutes and drink two cups a day. Finally, a very simple but equally effective remedy is to boil a cup of water with a bay leaf for one minute. You can drink it at will.

INAPPETENCE

It is the lack of appetite and can be a consequence of infectious diseases, vitamin deficiency, liver or intestinal obstruction, sedentary life. Therefore, stimulating and restorative herbal teas, tasty foods and outdoor exercise are recommended.

Tonic and stimulating aperitif:

Macerate gr. 20 of gentian roots for 10 days in a liter of white wine. Filter and drink a small glass half an hour before meals.

Absinthe flowers aperitif:

Let macerate for 3 days gr. 20 of flowers in a liter of water. Filter and drink a small glass half an hour before meals.

Aromatic calamus infusion:

Pour a cup of boiling water on two teaspoons of chopped calamus root. Let it rest for 15 minutes and drink a warm cup at lunch and one at dinner half an hour before meals.

CONSTIPATION

Sedentary life and food made from meat, cold cuts and canned meats are the main causes of this disorder. Constipation brings many annoyances such as headaches, intoxications, dizziness, sense of fullness, nausea and therefore must be fought first of all with a dietary regime based on food free of waste, such as cooked and mashed vegetables, breadsticks, eggs, jams, ripe fruit and lean meats. It is also necessary to do some exercise in the open air and drink some laxative herbal teas in order to wake up the lazy intestine.

Mixed infusion:

Pour gr. 200 of boiling water over gr. 3 of rose petals, gr. 4 of plum leaves and gr. 3 of bark. Leave to infuse for 30 minutes and drink the evening before going to bed.

An excellent natural purgative is obtained by boiling 30 grams of chicory roots in one liter of water for half an hour. They drink three cups a day.

Finally, the *frangold tea* prepared with a spoonful of dry bark left in a cup of hot water for 12 hours is very effective. It should be taken in sips during the day. For children, on the other hand, the best laxative is always the licorice powder in the size of a dessert spoon diluted in a little water and taken in the evening before going to bed. This remedy will certainly be very

welcome.

ULCER

The gastroduodenal ulcer is a very serious disease that requires careful medical supervision. The general symptoms are heartburn and acid swelling accompanied by the typical hunger pains that usually occur a few hours after meals. The most frequent complications are perforation, bleeding or the development of cancer on the lesion.

It can also heal spontaneously but in any case you must observe a special diet based on easily digestible foods, such as: milk, starches, lean meat, fruit and vitamins (especially vitamin C). You should also drink herbal teas composed of herbs with healing, tissue astringent and hemostatic properties. Absolutely forbidden are alcohol, coffee, smoking and spicy sauces.

Decoction:

Macerate for 3 hours gr. 150 gr. of crushed roots of major consolida in one liter of water. Drink three cups per day. This decoction has extraordinary healing properties.

Infused:

Pour a cup of boiling water on a teaspoon of flowery marigold tops. Leave to infuse for 10 minutes and drink 2 cups per day. This herbal tea stops bleeding and is very useful in cases of hemorrhagic ulcer even if you have to rely on hospital care with the utmost urgency.

INTESTINAL WORM

The tapeworm is a flat worm whose presence in the small intestine is due to the ingestion of germs contained in raw pork and unwashed vegetables. The general symptoms of the presence of this worm are: tormenting and insatiable hunger, abnormal fatigue, progressive slimming, nausea and dizziness.

So here is an excellent remedy to expel the tapeworm:

Mix 20 to 60 gr. of peeled pumpkin seed pulp with little sugar (the quantity of seeds varies depending on the age and body weight of the subject). Take the whole dose at once on an empty stomach. After 5 hours purge yourself with gr. 15 of sodium sulfate dissolved in a cup of warm water.

The oxides are instead small white, filiform worms, which are expelled with

feces.

This disease manifests itself especially in children and is due to the lack of clean hands and the ingestion of unwashed fruits and vegetables. For the cure, fern rhizome powder is used and 10-20 gr. in 200 gr. of fasting water. It is also good to follow this treatment with a castor oil-based purge.

KIDNEY AND URINARY DISORDERS

KIDNEY CALCULOSIS

The calculations are produced by precipitation and agglomeration of dissolved substances in urine. Kidney colic is a very painful crisis that can result in the suspension of urine production which, as we know, has the function of expelling replacement products.

These dietary rules apply to the treatment of patients suffering from kidney stones: little meat, little salt, many liquids. Among the latter, diuretic waters and herbal teas with the property of increasing diuresis and promoting the expulsion of stones play an important role.

Very useful in these cases is the decoction of gold rod so prepared:

Heat a cup of water with 2 teaspoons of chopped plant. Remove from the heat as soon as it emits the first bubbles and let it rest for 10-15 minutes. Drink one cup 3 times a day.

CYSTITIS

It is an inflammation of the mucosa lining the urinary bladder and can be found in both men and women at any age. It is usually caused by the action of bacteria entering the bladder. In these cases the urine is cloudy, contains bacteria, leukocytes and traces of blood in hemorrhagic forms. To fight it, it is necessary to drink herbal teas with antiseptic and purifying action.

Here are some preparations that bring considerable relief:

Ursula grape infusion:

Pour a cup of boiling water over two teaspoons of dried leaves. Let it rest for 8 hours and drink a warm cup twice a day. It is advisable not to use it for long periods of time.

Birch infusion:

Pour a cup of boiling water on a spoonful of fresh or dried leaves. Let it rest for 10 minutes and drink 3 cups per day.

NEPHRITIS

It is an inflammatory process, dependent on general causes such as

infections, intoxications, which usually affect only one kidney. It manifests itself with headaches, digestive disorders, edema and swelling of the eyelids in the morning.

The medical treatment consists of a meat-free diet and the administration of anti-inflammatories. Plants with diuretic, antiseptic and decongestant properties also bring considerable benefits.

A very healthy decoction is obtained boiling for 30 minutes gr. 200 of water with gr. 25 of oat seeds, gr. 25 of barley seeds and gr. 50 of weed rhizome. Drink one cup every two hours.

Very suitable is also the *decoction of parietaria* that is obtained by boiling for 5 minutes gr. 20 of parietaria in a liter of water. You drink two or three cups per day.

DISORDERS OF THE LIVER, BLADDER AND PANCREAS

CALCULATED BILIAR

This disease is more frequent in women than in men and is characterized by the formation of stones in the biliary bladder. The most classic symptom of the presence of these stones is liver colic which can last from one hour to several days.

It should be treated with hot water bags in place of pain and spasmolytic drugs. In addition, to avoid attacks, you should follow a vegetarian diet free of fried foods, sauces, cheese, spicy foods, alcohol and chocolate.

Finally, a very useful remedy for the elimination of small bladder stones is the juice of fresh leaves of parietaria in the measure of 30-60 gr. per day, taken in teaspoons.

CHOLESTEROL

The average blood cholesterol dose is around 180-200 mg per 100 cc of blood. But, a diet rich in lipids, can increase this rate and cause a hardening of the arteries leading to hypertension, arteritis and heart attack. The diet therefore becomes necessary and is based on the abolition of animal fats and the consumption of foods containing low amounts of cholesterol such as: tomatoes, beets, celery, carrots, lettuces, potatoes, artichokes, pears, oranges, white meat and hake.

The daily use of some plants is also very useful:

Badgerbass (roots); Angelica (whole plant); Olive tree (leaves); Fumaria (flowery tops); All in equal parts.

Pour a dessert spoonful of this mixture into a cup of boiling water and leave to infuse for 5 minutes. Drink it every night, before going to bed, warm and unsweetened.

The low yewbarrel increases the secretion of bile, a very important substance to dissolve dietary cholesterol and prevent its passage into the bloodstream.

DIABETES

It is a disease characterized by an excessive amount of glucose in the blood.

The symptoms of diabetes are: general weakness, significant increase in appetite and thirst, itching and skin changes. The cure is long and meticulous and its healing can be obtained more from suitable foods than from medicines. Diabetes sufferers will have to eat little pasta and bread, avoid sugars and sweets, do not exaggerate with proteins (meat, eggs), limit the use of wine and abound in vegetables and fruits.

Very indicated in the treatment of diabetes is *the nettle infusion* that is prepared by infusing a handful of fresh leaves in half a liter of water. You have to drink one cup every evening.

Equally effective are the *asparagus shoots* that are eaten raw, grated in salads or in juice.

LIVER INSUFFICIENCY

The liver is an organ whose good functioning is essential for our organism. Therefore, even the smallest dysfunction, resulting from various diseases of infectious or degenerative nature, manifests itself with various ailments: laborious digestion, sense of heaviness in the head during the bitter mouth digestion in the morning, anemia. In severe liver failure you can get to liver coma due to nerve center intoxication.

Liver failure therapy uses glucose, liver extracts, vitamins B and PP and liver protectors. From the food point of view, alcohol, fats, especially fried fats, cold cuts and spices will be excluded. Recommended are, instead, fruit, milk, dairy products, lean meats and sugars in large quantities. Plants also play an important role in purifying and protecting the liver.

Blessed thistle infusion:

Pour a cup of boiling water over a teaspoon of the entire plant. Let it rest for 15 minutes and drink a cup three times a day.

Artichoke decoction:

Boil 60 gr. of artichoke leaves in a liter of water for 2 minutes. Leave to infuse another 5 minutes and drink two cups a day for three weeks.

JAUNDICE

Jaundice is more a symptom than a disease and must be treated after the exact causes have been identified. It is often caused by an inflammation of the liver and as a reaction there is a transfer of bile into the blood that turns the skin yellow. There is a strong headache, intense itching and a sense of prostration. You must follow a diet absolutely free of cheese, butter, fatty

meat, spices, alcohol and coffee.

You can drink chicory and parsley broths prepared in this way:

gr. 30 of chicory roots gr. 60 of parsley leaves

Boil chicory and parsley in a liter of water for two minutes. Leave to infuse for another 5 minutes and filter. Drink it to the extent of three cups per day.

An excellent herbal tea is also obtained from agrimony: Boil 30 gr. of this plant in a liter of water for two minutes. Filter and drink three cups a day until healed.

VENOUS DISORDERS

HEMORRHOIDS

They are due to dilation and leakage of the veins of the last tract of the rectum. They are favored by chronic constipation, sedentary life, excessive introduction of food and drink and obesity. The treatment consists in regulating the diet by avoiding eating too much and discarding foods that produce inflammation such as cold cuts, spicy condiments and alcoholic beverages. You can also relieve the pain caused by this disorder with ointments and ointments to be applied locally.

An excellent remedy for inflamed hemorrhoids are chamomile fumigations to be repeated several times a day:

Put 2 handfuls of chamomile flowers in a bidet and pour 3 liters of boiling water on top. Sit on the steam and cover with a towel. Let the chamomile vapors take effect for ten minutes.

For bleeding hemorrhoids, a witches' hazelnut decoction must be prepared instead:

Boil a teaspoon of bark or leaves in a cup of water for 3 minutes. Let it rest for 10 minutes and drink one cup in the morning and one in the evening. Remember, however, that internal hemorrhoids usually require removal, especially when they are the cause of unbearable local disorders and repeated bleeding.

PHLEBITIS

It is the inflammation of one or more veins that can give rise to a pulmonary embolism. It manifests itself with pain and functional impotence of the affected limb, fever and swelling of the diseased area. To treat phlebitis, absolute bed rest for a month or more, depending on the severity of the case, and the administration of anticoagulants to eliminate lumps that obstruct the veins is necessary. It is also important to eat a lot of lemon to thin the blood to make lukewarm compresses with linseed prepared in the following way:

Boil 50 grams of linseed in three liters of water for 20 minutes. Let it cool down and use this mixture to make compresses on sick areas.

Very effective is also the *calendula decoction* that is prepared by boiling for 5 minutes gr. 20 of this plant in half a liter of water. This decoction can be

drunk in the dose of two cups per day or it should be applied externally in the form of compresses.

VARICES OF THE LOWER LIMBS

Varicose veins are venous dilations that occur most frequently at an age between twenty and forty- five years. They are favored by standing for a long time, standing still in the same position, chronic constipation, pregnancy and clothing that tighten the lower limbs. Significant benefits in the treatment of varicose veins are therefore obtained by avoiding standing, observing periods of rest with the lower limbs raised above the trunk and wearing various types of elastic stockings.

Good results are also obtained by massaging the legs from bottom to top with the following preparation:

Creeping ivy: 2 handfuls; Parsley: 1 handful.

Let everything macerate in one liter of boiling water for 48 hours. Filter and store in a glass container.

An excellent remedy is rue infusion:

Pour a cup of boiling water over a teaspoon of grass and let it rest for 15 minutes. Drink one cup 3 times a day, for several weeks.

TRAUMATIC AFFECTIONS

1ST DEGREE BURNS

The symptomatology of burns depends not only on the degree but also on the extent. In fact, sometimes an extensive 1st degree burn can be more dangerous than a localized third degree burn. However, in principle in 2nd and 3rd degree burns the therapy is very complex and should be entrusted to hospital care. In the 1st degree burns, however, there is only a reddening of the skin that can be easily treated with marshmallow or quince compresses and liniment such as St. John's wort oil.

Altea:

Pour half a liter of cold water on 2 tablespoons of leaves or chopped root. Let it rest for 8 hours and make frequent packs.

Quince:

Pour half a liter of cold water on two tablespoons of seeds and let it rest for 10 hours. Collect the burr left by the seeds, put it on a linen cloth and apply it to the burns several times a day.

Hypericum:

In a well closed container put 500 gr. of fresh flowers and a liter of olive oil. Expose it to the sun and let it macerate for 8 weeks, taking care to shake it from time to time. After this time the oil will take on a beautiful dark red color or can be applied on burns, sprains and all skin irritations.

CONTUSIONS

Contusions are tissue injuries due to violent trauma. They manifest themselves with swelling, redness and pain of the contused parts that, due to the rupture of the small veins, take on a color ranging from red to purple. In the external contusions you can rub the reddened part with water and vinegar and you can make arnica dye packs in the size of a soup spoon diluted in a quarter of a liter of water.

Arnica dye:

Pour half a liter of 70% alcohol on a handful of freshly picked arnica flowers. Hermetically seal in a transparent glass container and leave to macerate in the sun for a week. Filter before use.

WOUNDS

Wounds are injuries that tear the skin and are caused by an external agent. Among all the possible complications of wounds, very serious is that of tetanic infection that easily occurs in those skin lesions smeared with dust and soil. So the first thing to do in case of wound is washing and disinfection to prevent infection. In very slight stab wounds it will be enough to disinfect with alcohol or hydrogen peroxide while in larger wounds it will be necessary to stop the bleeding and wash the part with a solution of iodine tincture (one teaspoon in half a liter of water).

Very useful in cases of minor wounds are the herbs that have healing and disinfectant action such as yarrow, whose pounded leaves can be applied directly on the affected part.

Excellent is the marigold ointment:

Mix 30 gr. of Vaseline with 6 gr. of juice obtained from freshly picked calendula flowers. Apply this ointment several times a day on the wound.

SORROWS

Wounds are different from wounds because of their low tendency to heal and therefore to heal.

They can be caused by physical or chemical agents, failure to spray blood or microbes. They are cured with local lukewarm herbal compresses with vulnerable virtues such as consolidates and garlic and are disinfected with hydrogen peroxide.

It consolidates:

Let macerate for two hours gr. 50 of dry roots and pulverized in gr. 250 of water. Then boil for 10 minutes and make packs on the parts to be treated.

This preparation drains suppurations and promotes tissue regeneration.

Garlic:

Put 20 peeled garlic cloves in a bottle of boiling water and keep it tightly closed for about an hour. After this time, make it into local lukewarm compresses six times a day. This preparation is very useful especially in cases of eczematous plagues.

WEIGHT ALTERATIONS

CELLULITE

This aesthetic-functional disorder, generally due to endocrine dysfunction, affects almost all women from 10-20 years of age. It occurs more frequently in fat women, but it is also present in thin women and, in both cases, it becomes more pronounced with age. Intensive gymnastics and vigorous massages can eliminate this disorder or at least prevent it from worsening. But the action of plants is also very effective, especially when combined with other therapies:

Infused:

gr. 50 of meadow queen; gr. 20 of white marrobium; gr. 30 of corn; gr. 30 of asparagus; gr. 20 of burdock; gr. 20 of aniseed.

Infuse one soup spoon of this mixture into a cup of boiling water for 10 minutes and drink three cups a day.

OBESITY

Obesity is caused by a disproportionate increase in subcutaneous fat. It leads to damage not only aesthetically but also to the heart, liver and blood pressure which remains above normal values. The obese person will have to do a lot of exercise in the open air and eliminate all the fats and flour in their diet. Many plants can be of valid help against this disorder and among these we remember the marrubio and the marine oak.

Herbal tea of marrubio:

Pour a cup of boiling water over a spoonful of dried flowers and leave to infuse for 5 minutes. Drink it 3 times a day after meals.

Decoction of marine oak:

Boil 20 gr. of this plant in a liter of water for 10 minutes. Let this decoction rest for 5 minutes more and drink 2 hot cups a day after the main meals.

EXCESSIVE THICKNESS

There are various types of thinness: the constitutional one which is due to a particular hormonal dysfunction and can be permanent and the one caused by insufficient nutrition or lack of appetite. There is also a defined occasional thinness that occurs as a result of physical and intellectual

exhaustion, moral concerns and inappropriate forms of nutrition. To prevent or cure occasional slimming, it is first of all necessary to follow a diet based on milk, butter, honey, eggs, potatoes, meat, fish, fatty cheese and cooked and raw fruit. In addition, a herbal tea of fennel drunk after three meals and a plate of oatmeal in the morning will help you recover the lost pounds.

Fennel infusion:

Pour a cup of boiling water over a spoonful of fennel seeds. Let it steep for a few minutes and drink it hot after each meal.